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MPs BACK PM BAN ON CIGS

By RYAN SABEY

RISHI Sunak last night moved a step closer to outlawing smoking for anyone born from 2009 on.

The PM pushed through his sweeping ban despite opposition from 57 Tories, including Kemi Badenoch.

Full Story — Pages 4 and 5





ENGLAND STAR'S JOY

- Boy No4 with Annie
- City ace held her hand

KYLE'S A DAD FOR 6TH TIME

Parents again . . . footballer Kyle and Annie

EXCLUSIVE by ELLIE HENMAN

MANCHESTER City's Kyle Walker has become a dad for the sixth time after estranged wife Annie Kilner gave birth to a boy.

Pals said Annie, 30, was "doing well" and the England defender, 33, held her hand at the delivery. The couple, who now have four sons, took time apart in January after it was revealed Walker had a second child with model Lauryn Goodman, 33.

A friend said: "Kyle and Annie are committed to working on their relationship."

Full Story — Page Seven

HEAD HAILS COURT RULING

PRAYER BAN 'WIN FOR ALL SCHOOLS'



Ms Birbalsingh . . . and her school

BRITAIN'S strictest head has hailed a court ruling upholding her Muslim prayer ban as a "victory for all schools".

By JULIA ATHERLEY

Katharine Birbalsingh banned prayer rituals to prevent division among children.

A female Muslim pupil at the non-faith school went to the High Court arguing the policy was discriminatory.

But a judge yesterday threw out her claim. Defending the case is estimated to have cost taxpayers £500,000 – with the girl getting £150,000 legal aid.

Ms Birbalsingh, who founded Michaela School in Wembley, North London, in 2014, said after the judgment: "A school should be free to do what is right for the pupils it serves.

"The decision is a victory for all schools. Multiculturalism works at Michaela." The pupil, who cannot be named, argued the no-prayer policy uniquely affected her Muslim faith.

Ms Birbalsingh said the ban was necessary because teachers had faced death threats.

She also said she had seen Muslim pupils "put under pressure by a tiny number of others to fast, pray, drop out of the choir, to wear a hijab".

The free school gets some of the best GCSE results, with an emphasis on discipline.

Mr Justice Linden said: "The claimant at the very least impliedly accepted, when she enrolled, that she would be subject to restrictions on her ability to manifest her religion."

In a statement the pupil said she was "very disappointed".

Education Secretary Gillian Keegan backed the ruling, saying: "Heads are best placed to take decisions on what is permitted in their school."

Ex-Home Secretary Suella Braverman, a former chair of governors at the school when it first opened, said she was delighted with the decision.

The Sun Says – Page Ten

A VICTORY FOR BRITISH VALUES: SEE PAGE TEN

Rayner's 'multiple cop quiz'

Accused . . . Angela

By JOE HADDEN

A POLICE investigation into Labour deputy leader Angela Rayner is looking at multiple allegations, insiders said yesterday.

A dozen officers are probing claims that she broke election law over her home sale.

The Greater Manchester force is also looking into her tax affairs, it is said.

A source last night told The Times: "It's not a single issue. There is a clear public interest to fully investigate."

Questions have been raised over whether Ms Rayner gave false details about where she lived for the electoral register.

She is also accused of not paying capital gains tax when she sold her Stockport home in 2015.

Ms Rayner denies any wrongdoing and says she will quit if found to have broken the law.

'Growth relies on migrants'

By ASHLEY ARMSTRONG

UK economic growth is too reliant on migrant labour, warns the International Monetary Fund.

The country is facing zero growth this year once population increases are factored in, it said.

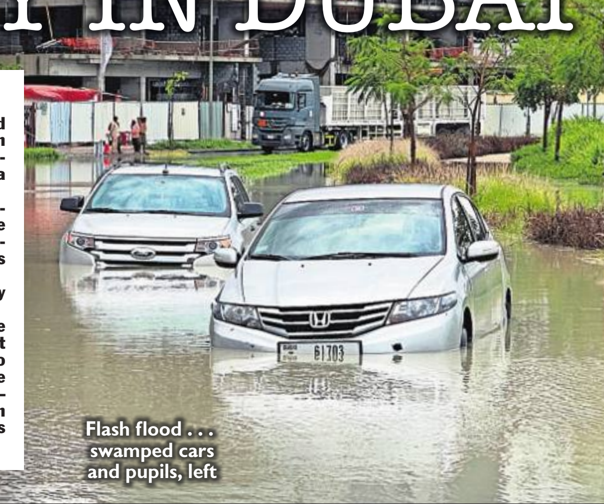
In a report yesterday, the IMF said GDP was expected to rise by just 0.5 per cent, lower than earlier predictions.

It would make us the second-weakest G7 economy – behind Germany.

A Treasury spokesman said: "The forecast for growth in the medium term is optimistic but like all our peers, the UK's growth in the short term has been impacted by higher interest rates."

AIN'T DRY IN DUBAI





Flash flood . . . swamped cars and pupils, left

By ANDY ROBINSON

CARS are stranded and kids wade barefoot down streets yesterday as normally arid Dubai is hit by a year's rainfall in a day.

The United Arab Emirates' playground for the rich was drenched by thunderstorms dumping 4.7ins of rain in 12 hours.

The Gulf region usually gets 5.1ins per year.

Nearly 50 flights were cancelled at Dubai airport and lightning appeared to strike the tip of the world's tallest building — the 2,716ft Burj Khalifa. In neighbouring Oman, floods have killed 18 people.

CORRECTIONS & CLARIFICATIONS

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China EV car 'spies'

CHINA could easily fit technology into electric cars to spy on Britons, Security Minister Tom Tugendhat said yesterday.

The warning came in a Commons debate on Chinese tech, such as CCTV, and drones used by cops and security services.

Mr Tugendhat said work is under way to remove "digital asbestos" from official sites. He added: "Electric vehicles could be easily turned into mobile intelligence gathering platforms."

PM ISRAEL PLEA

RISHI Sunak yesterday warned Benjamin Netanyahu against a "significant escalation" of tensions as the Israeli leader looked poised to strike back at Iran.

In a phone call, the PM reiterated UK support but said it was time for "calm heads". Foreign Secretary Lord Cameron last night headed to Israel on a one-day visit for talks on the crisis with Mr Netanyahu.

The UK, meanwhile, is set to resist calls to ban Iran's Revolutionary Guards as a terror group. Home Office Minister Laura Farris said we must "maintain a channel with Tehran".

Israel's AI Spy Plane – Page 14

40% INTEREST ON CAR COVER

DRIVERS are hit with up to 40 per cent interest charges when paying for insurance monthly, consumer rights organisation Which? says.

Typical rates across 73 car and home insurers are 23 per cent — but they can be higher as they are personalised after a credit check.

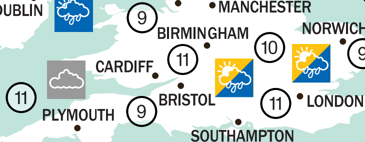
NATO 'GIMMICK'

A PLANNED one-off £500million rise in UK defence spending to mark Nato's 75th birthday has been branded a "shallow gimmick" by Ben Wallace.

The ex-Defence Secretary said most alliance nations had boosted funding since the Ukraine invasion. He said: "A one-off £500million uplift is a shallow gimmick that assumes no one understands how defence departments work." He said he did not want to be proved right in ten years when Britain failed to face global threats.

Dozens of Tory MPs say Rishi Sunak must go further and raise the MoD budget beyond 2.5 per cent of GDP.

TALK TV WEATHER With NAZANEEN GHAFFAR



TODAY: Isolated light showers across much of the UK. Light rain in Wales and Northern Ireland for a time. Mostly cloudy with the odd sunny spell.

TONIGHT: A few light showers tonight, especially in Wales and southern England. A few patches of cloud, though most skies will be clear. Gentle winds.

OUTLOOK: A sunny morning for many tomorrow, with cloud cover building later. Rain expected in Scotland throughout the day. The chance of isolated showers on Friday.


THU 14°

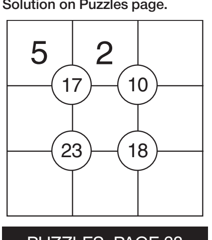

FRI 15°


SAT 14°


SUN 17°

SUJIKO

PLACE the numbers 1-9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces. Solution on Puzzles page.



PUZZLES: PAGE 38

TODAY'S BIRTHDAYS

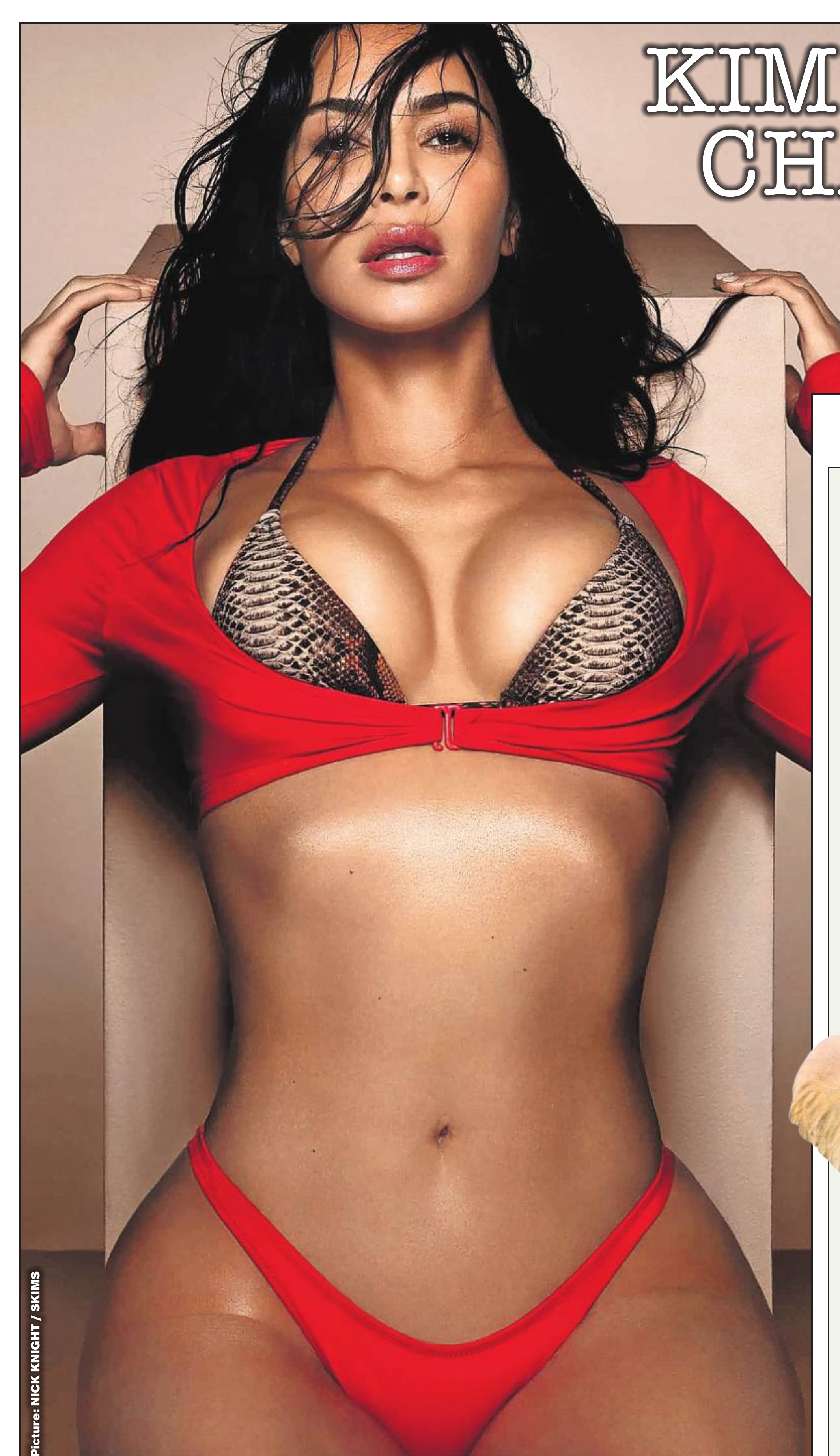




HOLLYWOOD actress **JENNIFER GARNER, 52,** *left*, businesswoman and ex-Spice Girl **VICTORIA BECKHAM, 50,** *right*, Game Of Thrones' **SEAN BEAN, 65,** and Bridgerton's **PHOEBE DYNEVOR, 29.**

●**Last night's Health Lottery: 4, 20, 31, 34, 37. Bonus ball: 10.**

EuroMillions: 22, 29, 31, 39, 46. Lucky stars: 3, 7.


Picture: NICK KNIGHT / SKIMS

KIM'S SNAKE CHARMER

By HOWELL DAVIES

REALITY TV star Kim Kardashian refuses to be boa constricted — as she models snakeskin swimwear.

The 43-year-old posed in her latest Skims collection, which includes a racy red thong.

Snaps of the range racked up more than 1.6million likes after she posted them online. Pop star Katy Perry said: "Actually going to buy snake print now."

A.I. CONTEST

Could a tiger beat an elephant in a fight?

NOT ON YOUR NELLIE!

V

By ALEX WEST

THE elephant has been crowned the toughest animal on earth — beating a tiger in a terrifying virtual fight.

It emerged triumphant from 256 species pitted against each other with the aid of AI tech.

The African elephant used its tusks, ten-ton weight and 13ft height to smash an African rock python, colossal squid and saltwater crocodile.

It then triumphed over the undefeated Siberian tiger in the final, potentially putting to bed many a pub argument.

US wildlife biologist Dr Arjun Dheer, from Animal Matchup, which set up the scraps, was unsurprised.

He said: "The elephant's huge size, combined with its strength and intelligence, has long placed it at the top of the animal kingdom."

The croc, described as "an aquatic behemoth", came third. The hippo, with a "deceptively powerful bite", was fourth.

Animal Matchup called its fights "the closest approximation to real-world scenarios".

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KING OF BEASTS LEADERBOARD

1	**African Elephant**
2	Siberian Tiger
3	**Saltwater Crocodile**
4	Hippopotamus
5	**Leopard**
6	Tiger Shark
7	**Polar Bear**
8	Colossal Squid
9	**Nile Crocodile**
10	Great White Shark

BRIDGERTON BONKOMETER

WE RATE STEAMIEST SERIES YET: PAGES 12 & 13


Scene . . . Cancun hotel

Mexico hol hotel Brit dead

By GERARD COUZENS

A BRITISH tourist has been found dead in a pool of blood in a Mexican hotel room.

The unnamed man's wife, also a Brit, was lying beside him with cuts on her arms.

Police raced to the City Express Hotel in the resort of Cancun at 5am local time yesterday.

One report claimed the couple had been drinking heavily and ended up having a violent argument in their hotel.

But officers later said they were treating the incident as a suspected suicide pact, which ended with only the husband, aged 58, taking his own life.

His 53-year-old wife was taken to hospital, but has now been released.


Still flying . . . airline

BA staff Tel Aviv trips fear

EXCLUSIVE
by STEPHEN MOYES

BRITISH Airways crew fear for their lives as they are forced to continue flying to Israel.

The airline is refusing to follow major carriers in cancelling flights after Iran's missile blitz.

Its staff say they have been told they face disciplinary action if they refuse to fly to Tel Aviv.

One stewardess said: "Here we are, bombs flying into Israel, and I'm literally speechless. We still have our pilots and crews in that area."

A colleague added: "We do not feel safe."

BA said it would continue to review the situation and it "would never operate any flight unless it was safe to do so".

A.I to the rescue – Page 14

PM WINS LANDMARK

● BAN ON SMOKING IS BACKED BY MPs
● BUT KEMI LEADS 57 TORIES AGAINST

By RYAN SABEY and NOA HOFFMAN

A SWEEPING new ban on smoking was backed by MPs last night — but only after top Tory Kemi Badenoch opposed the plan.

PM Rishi Sunak's Tobacco and Vapes Bill, which he wants to make part of his legacy, passed by 383 votes to 67.

A total of 57 Tories voted against and a huge 106 more abstained, meaning only about half of Tory MPs voted in favour.

The law will make it illegal for anyone born in or after 2009 to ever buy tobacco. In a heated Commons session, the PM's big idea was lambasted by several senior Tories.

He had given his MPs a "free vote", meaning they could vote against without disciplinary action.

Expected leadership contender Kemi led the charge against the landmark legislation – burnishing her credentials with the Tory right.

The minister, who is in charge of the equalities brief, said she is a big believer in "equality under the law".

Some Tory MPs say Rishi's ban falls foul of this principle, as it will mean that – even when they become adults – people can only smoke if they were born before a fixed date.

A 16-year-old today will one day be able to smoke, but anyone turning 15 this year, or younger, never will.

Ms Badenoch said: "We should not treat legally competent adults differently in this way, where people born a day apart will have permanently different rights. Among other reasons it will create difficulties with enforcement. This burden will fall not on the state but on private businesses.

"Smoking rates are already declining significantly in the UK and I think there is more we can do to stop children taking up the habit."

Five ministers and senior names including Liz Truss, Suella Braverman and Robert Jenrick also voted against while Commons leader Penny Mordaunt abstained. The bill got its second reading with a comfortable majority as Labour MPs supported it.

But Foreign Office minister Anne-Marie Trevelyan revealed she could not back the plan, saying changes are needed to deter young smokers without removing freedom of choice.

Ex-minister Dehenna Davison, whose nan got lung cancer from smoking, said ministers cannot legislate based on "good intentions and wishful thinking", saying the plan was not effective or practical.

But it came as a poll showed 59 per cent of the public support the phased ban, with 64 per cent of 2019 Tory voters also backing it.

The changes will make it illegal to sell tobacco to anyone who is currently 15 or younger. It would not ban smoking outright as anyone who can legally buy tobacco currently can continue to do so if it becomes law.

There would also be fresh restrictions on flavours, packaging and the selling of vapes to make them less of an appealing prospect to children.

Ex-PM Liz Truss blasted the bill as a "virtue-signalling piece of legislation". Attacking Labour MPs supporting it, she said: "These are the same people who are saying that we should in the future be banning cigarettes for 30-year-olds and yet they won't vote to ban puberty blockers and cross-sex hormones for the under-18s.

"I am very concerned that this policy is emblematic of a technocratic establishment in this country that wants to limit people's freedom, and I think that is a problem."

She added: "It is very important that until people have decision-making capability while they are growing up, that we protect them.

"But I think the whole idea that we can protect adults from themselves is hugely problematic and it effectively infantilises people."

Ex-Tory chairman Sir Jake Berry compared the ban to something from China and warned the Government is addicted to telling people what to do.

But Health Secretary Victoria Atkins defended the changes, insisting there is "no liberty in addiction". She said: "Nicotine robs people of their freedom to choose. The vast majority of smokers start when they are young, and three-quarters say that if they could turn back the clock they would not have started."

England's Chief Medical Officer Sir

12.9% of adults in UK smoke cigarettes, equal to 6.4million people

ONE hospital admission every minute related to smoking

£10BN Treasury revenue from tax paid on cigs every year

Under fire . . . PM Rishi Sunak

We should not treat legally competent adults differently in this way, where people born a day apart have permanently different rights
– KEMI BADENOCH LAST NIGHT



VOTE DESPITE BACKLASH

BUTT STOPS HERE

DO YOU BACK THE CIGS CRACKDOWN?

YES

Says Colin Robertson, Sun Head of Features

THERE are many things my kids do that I wish they would not.

Staring at phones or playing Fortnite for hours on end. But I let things go, mostly, in pursuit of a quieter life. However there is a line — and letting them smoke cigarettes crosses that.

At present I can enforce my wishes. But at 18 they can choose to buy tobacco products because the law says they can.

I don't want them to choose smoking (or vaping) so I am in favour of this new staggered age limit as it will mean my two — aged 12 and ten — will never legally be allowed to buy tobacco. And that will help stop them smoking. You see, I have this crazy notion it may also limit their ability to get smoke-related cancers and other diseases we know are caused by smoking.

And that's what this new legislation is about. Creating a smoke-free generation.

It is not about stopping existing smokers "enjoying" their fags.

Smoking is not OK and every single smoker knows this. If they say otherwise then they are happy to see my kids — and yours — become addicted to smoking and die.

It's that simple. Bring on the ban.

NO

Says Julia Hartley-Brewer, TalkTV presenter

I DON'T smoke, I've never smoked and I can't bear the smell of cigarettes.

So you'd think I'd be first in line to cheer on Rishi Sunak's plan to ban the sale of tobacco to anyone who is aged 15 or younger today for the rest of their lives.

But I'm not. This law isn't about saving lives, it's about controlling our lives.

Yes, smoking is a filthy, costly habit and it will kill you, but this ban is absurd.

How can we have a law so that, in a few years' time, an 18-year-old will be unable to buy cigarettes while his mate, born just the day before, can buy 50 packets if he wants? And in decades to come, we would see a 57-year-old unable to buy cigs while a 58-year-old can.

The absurdity and unfairness of this law will be plain to see long before then, so would any government repeal it? Oh no!

Instead they'll double down and, egged on by do-gooders, will extend the law to ban every adult from smoking.

Why do we even need a ban on a habit that is already dying out? And prohibition will only fuel a black market.

Cheer on this ban if you want, but don't complain when your vice is next on the list.

Chris Whitty rejected the "pro-choice" arguments against the bill.

He said: "People are trapped in smoking at a very young age. Once they become addicted, their choice is taken away.

"A great majority of smokers wish they had never started but now they're in trouble."

Sir Chris hit out at the arguments from the tobacco industry, saying they were "flimsy". He added: "They're doing it for commercial reasons."

No10 said: "The Prime Minister is in agreement with the Chief Medical Officer. It's important to take action against the single biggest preventable cause of ill health."

However, Simon Clark, of smokers' lobby group Forest, said: "We urge MPs to reject a policy that will fuel the black market and treat future generations of adults like kids."

Ex-minister Sir John Hayes said: "The idea of a rolling age of consent, for the consequence that someone of 35 will be able to buy tobacco, someone of 34 not, and so on and so forth, is at best a curiosity and at worse an absurdity."



REBEL Liz Truss

REBEL Anne-Marie Trevelyan



REBEL Robert Jenrick



REBEL Jake Berry



No match for us!
Save a super
£35
Lidl
£88.96
Sainsbury's
£124.28
Retail Industry awards 2023
SUPERMARKET OF THE YEAR
WINNER
Lidl
Big on quality
Lidl on price

Show . . . Dougray

Football's Scot start gets OK off Beeb

FOOTIE SHOCK 1

By JOE HADDEN

A BBC show has been cleared of making false claims that Scotland invented football.

Bringing Football Home, fronted by actor Dougray Scott, featured historians who said the 1870s Scotland side was the first to use "combination football" – players passing rather than lots of individual dribbling.

Dougray also highlighted the foundation of the first club, construction of grounds, and the role of Scottish players in spreading the sport.

But Fifa's website says the game began in 1863 in England, and a viewer criticised the BBC Scotland show from February.

The BBC executive complaints unit ruled there was enough evidence to support the assessment that Scotland played a "foundational role in creating the modern game".



Thrilled . . . Redknapp

Harry joy as worst team win a match

FOOTIE SHOCK 2

By ALEX WEST

HARRY Redknapp saw Britain's worst football team win for the first time – and said it was just as exciting as the Champions League.

The former Premier League boss, 77, has been helping Cwm Albion after they lost all 22 games last season with a -191 goal difference.

And he was thrilled to see them overhaul a 2-0 deficit to beat Birchgrove Colts 3rds 3-2 in the Swansea Senior League.

The former Spurs, Portsmouth and West Ham boss, who retired in 2017, said: "I can't tell you how much I enjoyed that. I was so into that game.

"I'm just as excited today as when Tottenham beat Milan 1-0 in Milan."

It is a better season for Albion who have also had ex-Swansea boss Garry Monk on board as part of a Specsavers contest.

ACE'S WIFE ANNIE HAS 4TH SON

Family unit . . . Kyle, Annie and their three older boys last year

SIX AND THE CITY

● Kyle joy at growing brood
● 'Grateful' to be at delivery

Mum . . . Lauryn with children

EXCLUSIVE by ELLIE HENMAN

KYLE Walker is now the father of six children — as he strives to land a second successive Treble with Manchester City.

Friends said the defender, 33, "couldn't be happier" after estranged wife Annie Kilner gave birth to a boy this week – their fourth son together.

He was "grateful" to have been there to hold her hand, after it emerged this year the England ace had fathered two other children with model Lauryn Goodman, 33.

Annie, 30 – already mum to Roman, 11, Riaan, seven, and Reign, five – was "doing well".

A source said: "Mum and baby are both happy and healthy.

"Kyle couldn't be happier to have four boys and is so proud of Annie. He was by her side when she gave birth. It has not been an easy few months for them but Kyle is doing everything he can to support Annie."

The newborn's name is under wraps for now but it is likely to begin with "R", like his brothers.

The Sun revealed in January that Annie had kicked Kyle out of the family's £3.5million home in Prestbury, Cheshire.

But a friend said last night: "Having their son has made Kyle and Annie think about their relationship and they are committed to working on it together."

Last month she was there to see Kyle captain England for the first time, as he walked out with their three sons at Wembley before the match against Brazil.

He got injured in that game but is expected to be in the Man City squad for tonight's Champions League clash with Real Madrid.

Pals said Annie was keen for him to remain a stable fixture in their young family's life.

The friend added: "Having Kyle in the delivery suite was a no-brainer for Annie.

"While they are still navigating their relationship as a couple, Annie would never stop Kyle from spending time with their children."

Their split came after Lauryn revealed Kyle was the father of her young son and daughter.

In a bombshell interview with The Sun, Kyle said he bitterly regretted hurting "soulmate" Annie.

The footballer said: "What I've done is horrible and I take full responsibility. I made idiot choices and idiot decisions."

Kyle landed a first Treble with City last season and is again pushing to win the Prem, FA Cup and Champions League.

A pal said he was fully focused on tonight's game at the Etihad, adding: "He can't wait to get back out on the pitch with the squad."

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CAM BLASTS EURO MEDDLING JUDGES

By JACK ELSOM

EURO judges risk planting the seeds of their own destruction by meddling in domestic politics, Lord Cameron has warned.

Their ruling against Switzerland for not doing enough on climate change was a dangerous overreach, the Foreign Secretary said yesterday.

Many Tory MPs want to leave the European Court of Human Rights to stop it thwarting efforts to stop illegal migration.

Rishi Sunak has vowed to quit the Strasbourg court if it blocks flights to Rwanda.

While Lord Cameron said there were no plans to leave the ECHR, he put its judges on notice that members would not tolerate them blocking elected governments.

He told peers: "There are occasions this court does overreach itself – we saw one last week with a judgment against Switzerland.

"I think it's dangerous because ultimately we're going to solve climate change through political will and the arguments we put to the electorate.

"These organisations do good work, but if they overreach they plant the seeds of their own destruction."

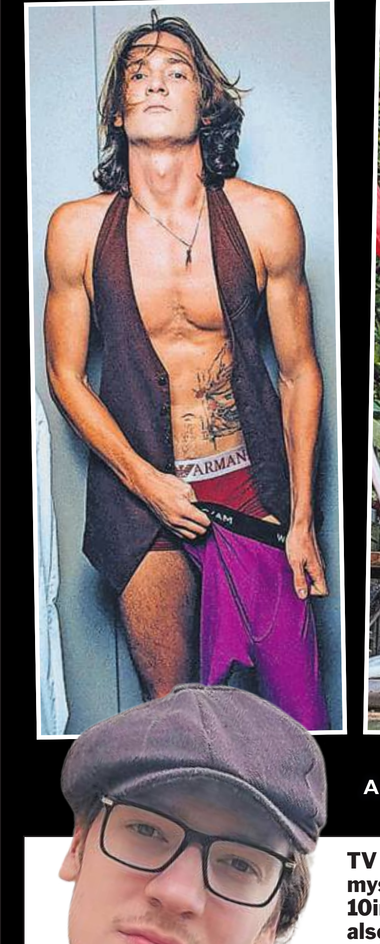
A rump of Tory MPs are lobbying the PM to put leaving the ECHR in the party's election manifesto.

Warning . . . Cameron

EXCLUSIVE:



'Like honeymooners' . . . TV host Alison and new man David





Model citizen . . . masseur in Armani pants and in military gear. Also in cap and glasses, left

TV HOST Alison Hammond's mystery man is a hunky 6ft 10in Russian masseur who is also a model and dancer.

The 49-year-old presenter has grown close to David Putman, who is around 20 years her junior.

He had already won an army of fans online before getting together with the This Morning star by posing for near-naked snaps in Armani pants as well as other risque images.

David studied as a body therapist offering, "classic, lymphatic drainage, anti-cellulite, wraps, facial massage" and his services are still advertised on

TELLY STAR'S NEW HUNK

MYSTERY MAN IS 6FT 10IN MODEL

From Russia with love..for Alison



Dashing . . . in Cossack uniform. Star Alison, below

Alison has never been happier..they looked like they were on honeymoon

By STEPHEN MOYES, Associate Editor, and ROD McPHEE, TV Editor

a Russian website. He has relatives in Brighton and is proud of his Russian heritage, posing in national dress while competing in youth choirs in his home city, Krasnodar.

In 2020, he wore military uniform and held a giant red flag commemorating veterans in Sochi on the Black Sea, where he studied – a six-hour drive from his birthplace in southern Russia.

Another image showed him in military garb, including black boots and a bearskin hat. He was participating in a memorial seemingly paying respects to supreme commanders of Cossack armies, who originated in southern Russia.

Last November, Alison hinted at their romantic relationship by liking one of David's posts on social media. He regularly shares images of his jaunts around London and has attended pro-Palestinian marches through the capital.

In February he was in Rome and three months earlier in Paris, posting snaps of his trips.

He brandished a samurai sword and wore a blue patterned tunic with his hair tightly pulled back in a series of other all-action photos.

David, understood to be in his early to mid-20s, has other family connections dotted across the UK, including in Slough, Berks, and Telford, Shrops.

His Libyan-born father – also David Putnam – is understood to have married a Russian woman after his first wife died.

Alison's fella has brothers Apollo, currently in Brighton, and Russia-based artist Sviat, who lives in Sochi and trained at the Academy of Fine Art in St Petersburg.

The model also has half-brother Kristarphor and half-sister Kerrie.

He is not much older than Alison's son Aiden, 19, who yesterday announced he will be appearing as a DJ at Camp Bestival music festival in Dorset in July.

Yesterday, The Sun told how Alison beamed with delight as she proudly cuddled her new fella, who sports a large tattoo on his torso.

The duo "looked like honeymooners" in a series of photographs shared online.

The bubbly presenter rested her head on David's shoulder in an intimate display and he proudly put an arm around her shoulder.

Sources said David, in a leather jacket, "looked like the cat that got the cream". Other shared images showed the pair relaxing after a meal out. An insider told The Sun: "Alison has never been happier. She has had a turbulent love-life, but is finally confident she has found a trusted companion."

The Birmingham-born star confessed she felt like a "failure" after splitting from her ex-husband, Aiden's dad. And she frequently updates fans on her love-life.

Around the time she was liking David's snaps on social media last year, during a chat on Loose Women over who enjoys the most "jiggy jigs", she said: "How's Birmingham doing? I reckon we're up there, I really do."

And she giggled: "Well I am."

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Class war

THE Michaela free school is arguably Britain's finest — a miraculous place where inner-city London kids achieve some of the most spectacular GCSE results in the country.

It is non-religious, super-strict and traditional. Kids of all creeds – half of them Muslim – sing God Save The King, learn to love Britain, work hard and reject wokery and victimhood.

It is brilliantly led by Katharine Birbalsingh, a "small c" conservative.

Naturally, the Left detests it. Their version of multiculturalism imposes no values or duties on migrant communities. That would be "illiberal".

The epic failure of that theory has been proven beyond doubt.

But of course those left-wingers cheered the court case brought by one pupil, instructed by a troublemaking mother, claiming that the school's openly-advertised secularism somehow discriminates against Muslims.

Fanciful tosh, which the High Court commendably saw through.

We do have one question, though.

Why did taxpayers foot the £500,000 bill to fund this stressful, damaging farce?

'Fascist' Left

SHUTTING down free speech and silencing opponents is the hallmark of dictators.

That it has happened in Brussels – the heart of the EU – is obscene.

Liberals love to brand things they dislike "fascism", yet see no irony in using genuinely fascistic tactics themselves.

Their target yesterday? A conference of mostly mainstream conservative types including ex-Tory Home Secretary Suella Braverman, MP Miriam Cates and Nigel Farage . . . disrupted by police sent in by a socialist mayor who won't tolerate the "far right".

To socialists everyone else seems "far right". Most attendees were merely concerned with the migration crisis.

It was revealing – chilling, even – to watch Labour's front-bench giggling over this outrageous left-wing abuse of power to crush their political foes.

We doubt wavering voters think it's a laughing matter.

Sick nation

DOES anyone believe that since last year an extra 275,000 people of working age have genuinely become too ill for a job?

It defies belief. As does the record total of long-term sick – 2.83million.

Yes, NHS waiting lists remain scandalously long. Some people are genuinely incapacitated. But many others get casually signed off by GPs over mental health problems no worse than the everyday stress most of us endure.

It is a disaster for the economy.

The Tories' current measures aren't working – like millions of Brits.

Weed the skivers out, cut their handouts and force them to find a job.

AS SCHOOL PRAYER BAN IS UPHELD

A victory for British values over the identity-politics mob



A-HEAD OF THE GAME . . . Katharine Birbalsingh and Michaela Community School

Picture: STEWART WILLIAMS



By **MERCY MUROKI**

THE High Court ruling in favour of Michaela Community School yesterday is a much-needed blow against the tyranny of activist mobs who try to force everyone to bend to their will.

A Muslim pupil brought the lawsuit after teachers barred prayer rituals in the courtyard.

The ban was initially branded Islamophobic by the school's detractors after the unnamed student brought the claim on the grounds of discrimination.

The pupil told the court her right to freedom of religion had been breached and it had changed how she felt "about being a Muslim in this country".

Let's set the record straight: There was never an anti-prayer policy. In fact, dozens of students had been allowed to pray in the yard at the inner-city North London school.

Activist bullies

This was until a small group of Muslim students started bullying others who were not joining in the prayers and harassing them for not observing other rituals such as fasting and wearing a hijab.

The ordeal led to teachers being abused, intimidated and even one having a brick thrown through her window, according to the head.

This was never about a school "oppressing" a religious group.

The real story was about a bunch of entitled youngsters trying to stifle the religious freedom of others in the school and unleashing a campaign of intimidation and harassment on those who disagreed with them.

In his 83-page written judgment dismissing the student's case, Mr Justice Linden said: "The claimant at the very least impliedly accepted, when she enrolled at the school, that she would be subject to restrictions on her ability to manifest her religion."

The finding will be viewed as upholding the right of non-religious schools to make their own decisions about whether to set aside time and space for pupils to pray.

When Katharine Birbalsingh – dubbed "Britain's strictest head teacher" – put the ban in place, she was dragged through the courts in a bid to force her to succumb to pressure.

Predictably, there was a cabal of left-wing critics of the school who were salivating at the prospect that the judge would rule in favour of the student, effectively branding the school's policy Islamophobic.

I'm sure many would love, once and for all, to bring down the head teacher who has long been a thorn in the side of the largely Labour-loving teaching establishment.

She has an unashamed commitment to British values, teaches her pupils discipline, love of country and duty.

Birbalsingh lambasts victimhood and identity politics, and her regimented way of treating her pupils has proved a massive success.

Not only does the school rank top in the country for students' progress scores at GCSE, but despite children there mostly coming from deprived backgrounds, 91 per cent pass English and maths, compared to 50 per cent nationally in England.

The judge should be commended for seeing right through the flimsy, nonsensical case.

He affirmed that the ban was a "proportionate means of achieving a legitimate aim", adding that the evidence showed that since the prayer rituals were banned "good relations within the school community have been restored".

The parents of the student should hang their heads in shame for subjecting their daughter to this pointless endeavour. They should be grateful for the chance to send their daughter to this top-tier state school – an opportunity many working-class parents would die for – instead of pursuing publicity stunts at the taxpayers' expense.

According to Birbalsingh's statement following the ruling, the mum whose daughter sued the school intends to send yet another one of her children there from September.

The apparent lack of shame and the hypocrisy boggles the mind.

The reality is, the school was never Islamophobic in the slightest. Muslim parents are desperate to send their children to the oversubscribed school and so many apply for the privilege that it is now made up of 50 per cent Muslim pupils. Doesn't sound very "Islamophobic" to me.

Good on Birbalsingh for standing up to narcissistic activist bullies relentlessly trying to force everyone to bend over backwards to accommodate their every need and demand at the expense of everyone else.

Tear down institutions

It's high time someone sends them a message, and our legal system showed it is on the side of those who want to keep some semblance of social cohesion, rather than tear down all the institutions which keep us all civil.

Writing after the event, Minister for Women and Equalities' Kemi Badenoch – another stalwart in the fight against madness – wrote on Twitter/X: "This ruling is a victory against activists trying to subvert our public institutions.

"No pupil has the right to impose their views on an entire school community in this way. The Equality Act is a shield, not a sword, and teachers must not be threatened into submission."

She is totally right – and thank God there are public figures among us who continue to refuse to appease the angry but loud identity politics minority.

I hope this ruling serves as an example to those who have been so cowardly in defending British values and common sense in the face of the tyrannical demands of activist mobs.

Test . . . PC Hedditch

Cop bolt cropped trainees' earrings

By ALEX WEST

A POLICE instructor used bolt cutters to slice the earrings from three female trainees, a disciplinary hearing heard.

PC Martin Briggs told them to put their heads on a desk before snipping off the jewellery.

The women were taking part in a fitness test at Dorset Police HQ and had not been told earrings were not allowed, the force's barrister Mark Ley-Morgan explained.

He said: "PC Briggs' behaviour was described as angry, abrupt, rude and impatient."

PCs Georgia Hedditch, Elizabeth Christie and Holly Law feared they would fail and lose their jobs if they did not comply in April last year.

PC Briggs denies gross misconduct.

Colleague PC Samuel Davies faces allegations of gross misconduct as he saw the treatment but failed to stop or report it. The hearing continues.



Ban call . . . smack

'Hitting kids law loophole must go'

By JOE HADDEN

LAWS must be changed so that smacking a child is entirely illegal, paediatricians have urged.

Physical punishment can currently sometimes be allowed as "reasonable" in England and Northern Ireland.

But in Wales any type of punishment – including smacking and shaking – was made illegal in March 2022.

Scotland introduced a similar ban in 2020.

The Royal College of Paediatrics and Child Health said simplifying the law is long overdue.

The college's Professor Andrew Rowland said: "The laws around physical punishment are unjust and dangerously vague. They create a grey area in which some physical punishment may be lawful, and some are not.

"This lack of clarity can even add an extra layer of complexity in identifying child abuse."

THE LIFE OF RILEY

By HOWELL DAVIES

IT'S wow or never for Elvis Presley's granddaughter as she poses at the LA premiere of her new series.

Riley Keough, 34, daughter of Lisa Marie Presley, wore a sheer black dress as TV true crime drama Under The Bridge was unveiled.

She is executive producer and stars with Killers of the Flower Moon Oscar nominee Lily Gladstone. Lily, *right,* said: "I've been dying to work with her for a long time."



Picture: JEROD HARRIS/GETTY

BRUSSELS ROW

FURY AS COPS KO FARAGE'S SPEECH

'Censorship' by the Left

From MARTINA BET in Brussels

A HARD-LEFT mayor was branded "monstrous" yesterday for sending in armed police to silence a conference addressed by Nigel Farage and Suella Braverman.

Emir Kir faced international condemnation after dispatching officers to the NatCon event in Brussels claiming speeches could lead to public disorder.

A court order suggested they may include racist and homophobic views and Kir wrote on social media: "The far-right is not welcome."

Organisers filed an emergency legal challenge to keep the conference going, but police at the entrance let attendees leave only, and not return.

Mr Farage, who was on stage when cops arrived, blasted Kir's behaviour as "absolutely monstrous", comparing it to "the old Soviet Union".

The Brexit supremo said: "I am totally convinced that Brexit was the right thing to do, because this is how EU critical people are treated."

Taking aim at Brussels' "thought police", former Home Secretary Ms Braverman added: "The more ridiculous their attempts to shut us down, the more cheered I am that we're winning the arguments."



Outrage . . . Farage and, left, Braverman at event

PM Rishi Sunak's spokesman called the free speech clampdown "deeply disturbing". Italian PM Giorgia Meloni spoke of "disbelief and dismay".

Belgian PM Alexander De Croo said the move by the mayor of the capital's Saint-Josse municipality was "unacceptable" and "unconstitutional".

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The Sun Says – Page Ten


Probe . . . Greenwood

Married top cop faces axe for 'affair'

EXCLUSIVE by PAUL SIMS

A MARRIED senior police officer has been charged with gross misconduct over an alleged affair with a rookie under his command.

Chief Supt Daniel Greenwood, 41, was suspended in 2021 when an investigation began into his relationship with PC Caitlin Howarth, 24.

It has now concluded and Greenwood faces the sack from West Yorkshire Police at a misconduct hearing later this year.

Howarth, who was also suspended, appeared in court on April 2 over her links to a jailed drugs kingpin. The officer, who has more than 10,000 Instagram followers, was charged with misconduct in a public office at York crown court. Her trial is due to begin in February.

West Yorkshire Police said of Bradford District Commander Greenwood: "The matter is ongoing and the officer remains suspended."


Row . . . at guest house

Owner's B&B bed strip jibe 'is sexist'

By ED SOUTHGATE

A B&B worker whose boss told her changing bedsheets was a woman's job has won her case for sexual discrimination.

Nicola Nolan suggested Jason Fairfield should strip his own bed at his Lake District guest house. But she claimed he told her: "No, it's not my job, it is a woman's job."

They also clashed over cleaning a toilet seat.

Ms Nolan quit after she complained to his wife, Catherine, co-owner of Appletrees Guest House in Keswick, Cumbria, but she refused to apologise.

Mr Fairfield, a father to three daughters, denied making the comment.

But Employment Judge Hilary Slater ruled at a Manchester tribunal that Mr Fairfield had been "insulting and patronising".

She also said his wife failed in her duty to look into the grievance.

Sex discrimination and unfair dismissal damages will be awarded later.

AFTER A SEX-STARVED SERIES 2, Bridgerton: The



PASSION . . . Rege-Jean flashes flesh as couple get frisky between the sheets

SERIES 1
Duke of Hastings & Daphne Bridgerton
(Rege-Jean Page & Phoebe Dynevor)



MISSING MOJO . . . pair's tale of seduction fell flat with fans

SERIES 2
Anthony Bridgerton & Kate Sharma
(Jonathan Bailey & Simone Ashley)

AFTER an eye-poppingly steamy debut, then a limp second outing, bonking is back on Bridgerton – and then some.


By FELICITY CROSS
Deputy TV Editor

With lesbian love action, threesomes and an oral sex scene, Netflix's original bodice-ripper has returned to its racy roots.

Fans of the Regency romp will be thrilled by the high-octane antics between their favourite characters.

And they will be left hot under the collar by one man's affair with a glamorous cougar.

The first four episodes land on May 16, with the second four to follow on June 13, and from the outset they are full of hot action. Having seen the first instalments, it is clear that actor pals Luke Newton, 31, and Nicola Coughlan, 37, weren't exaggerating the show's sex scenes, which we have awarded a bonk rating based on their raunchiness.

Nicola, who plays former wallflower Penelope Featherington, said: "It's steamy! I was like 'Oh wow . . . are we really doing that?'. It was scary that we were friends to begin with, because the thought of doing that stuff with your friend is like, 'Oh'. But we had a laugh with it and had fun." In fact, Nicola enjoyed the sex scenes so much, she and screen suitor Luke, who plays Colin Bridgerton, managed to wreck part of the set. She told Entertainment Weekly: "We did break a piece of furniture while doing one scene.

"It's a little bit like a stunt in which they're like, 'OK, we're gonna do this, this, and this'.

"But then they gave us freedom and we had a lot of say in how we did those scenes and what we wanted to do. That makes you feel quite empowered.

"So we felt super. The scenes were actually really enjoyable. I didn't think they would be. It was fun."

Co-star Luke reckons fans who tune in to the period drama are ready for lots of saucy antics.

He said: "I feel like you're expecting that with this show, but I think we've really ramped it up. It's steamy across the board – like there's lots of people across the 'Ton that are just at it. It's not just us!"

And Nicola joked: "There are bonking opportunities for all!"

There certainly are, with Anthony Bridgerton and new wife Kate from series two – which fans feared had lost its mojo – leaving little to the imagination.

'Actor to sex symbol'

One sexy scene features stars Jonathan Bailey and Simone Ashley in a screen tryst which sees him bury his head between her legs.

In this early part of series three, Luke's Colin – who is single – is sowing his wild oats and visits sex workers to get his kicks.

It results in a string of sizzling storylines where Colin enjoys threesomes with two women. Later he

THE NEXT ONE IS THE STEAMIEST YET



CHEST FOR FUN . . . pals Luke and Nicola had a ball filming X-rated scenes

bonkfest is back

watches them perform a sex show for him. The sizzling action will catapult the actor on the same astonishing trajectory as his forebearers Rege-Jean Page, who played series one's Duke of Hastings Simon Basset, and Jonathan Bailey.

Rege-Jean rocketed his way to worldwide fame with his Bridgerton romps. He has now appeared in Netflix action film The Gray Man – and was even tipped to play James Bond.

Jonathan, similarly, was a theatre actor before he attracted attention by emerging from a lake in a dripping wet shirt, a bit like Colin Firth's Mr Darcy in Pride And Prejudice.

He is now set to star in Wicked, alongside singer Ariana Grande, and has been linked to the next Jurassic World movie. Meanwhile, Luke Newton is morphing from ordinary actor into sex symbol thanks to the Bridgerton bonk machine.

A source said: "The glow-up Netflix give its leading men on Bridgerton is legendary. Aesthetically, all had the looks and charisma to command the world stage.

"But it's not until the romance series cast them as heroes that they became Hollywood hunks, almost overnight. We saw it with Rege-Jean and Jonathan, and now Luke is transforming before our eyes. Usually it is actresses who rise to fame through one attention-grabbing, sexy scene, like Sharon Stone in Basic Instinct and Margot Robbie in Wolf of Wall Street. Bridgerton does that for its leading men."

Luke reckons the past two series have helped him prepare him for his rise in the show, based on Julia Quinn's romance novels. He told the upcoming edition of Man About Town magazine: "It feels like the previous seasons have almost been prep, which is kind of weird that they're documented and they are for ever on Netflix.

"Also, Nicola [Coughlan] and I never knew that we would even get to this.

"I remember ringing my mum and being like, 'I've booked this show and it's about these books, and there's eight of them and one of them could be about me'."

Nicola is already a big star thanks to her role in cult comedy Derry Girls. But she's bloomed on Bridgerton too, with Penelope undergoing her own makeover.

The first series also took Phoebe Dynevor, who impressed as blushing Daphne Bridgerton, from an unknown to a blockbuster name. She's landed big roles in Netflix thriller Fair Play and film Bank Of Dave. However, fame has been a long time coming for Luke.

He was once a member of boyband South 4, which was dubbed "Sussex's answer to One Direction" after they met at The Brit School, which produced the likes of Adele, Jessie J and The Kooks.

In 2012 they signed a £1million deal with Eagle Music and released debut single Cougar Town.

In the video that went with the tune, Luke was seen getting his kit off while covering his modesty with only a Union Jack.

The group unfortunately failed to make it in the music industry.

But going by his latest storylines, Luke is certainly not a flop on TV.

£800M SPY PLANE SAVED ISRAEL



A.I. IN THE SKY

Surveillance . . . Israeli Oron spy plane

Downed . . Iran missile shot into Dead Sea was recovered yesterday

Iran's missiles blitz foiled by robot tech jet

A CUTTING-EDGE Israeli spy plane used AI tech to block Iran's huge blitz.

From NICK PARKER in Tel Aviv

Computers on the £800million jet tracked all of the 320 incoming missiles and drones.

The crew of the Oron then passed on the details to fighter pilots, who – along with Israel's Iron Dome rocket defence system – managed to knock out 99 per cent of the drones, cruise and ballistic missiles launched by Iran on Saturday night.

Yesterday the Oron pilot, identified only as Major N, revealed: "We were in a strategic location in the middle of the sky. We were the first to recognise and see what was coming – it was like a computer game. I've been a pilot for over 20 years and participated in many operations but this was the most meaningful yet.

"We let the fighter pilots know the biggest threats – the controllers in the back speak to the fighter pilots. I told them, 'This target is on its way. We need to down this'.

"You suddenly realise, 'My God, what am I doing? I cannot mess this up'."

The Oron, also known as Mars 2, is a modified Gulfstream G550 business jet which Israeli and US boffins have turned into the world's most sophisticated stealth plane.

It is manned by eight technicians and the pilots.

Since their launch last year, Orons have identified terror suspects in Gaza, Syria, Yemen and Lebanon using facial recognition and directed attacks from 40,000ft.

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Nervous FTSE in Mid-East fears dip

By ASHLEY ARMSTRONG

THE London stock market yesterday suffered its biggest fall since last July as global markets became jittery about rising Middle East tensions.

The FTSE 100 dipped as much as two per cent yesterday before closing down 145.17 points, or 1.82 per cent, to end the day at 7,820.36 points.

Markets have been nervous about the scale of an Israeli retaliation following Iran's strikes.

Danni Hewson, analyst at AJ Bell, said: "The FTSE 100 slumped amid concerns about escalation in the Middle East and higher-than-expected wage growth."

It came as Israeli strikes killed three people in Lebanon, including the commander of Hezbollah's coastal sector Ismail Baz.

The IDF said he had planned and organised missile attacks on Israel.



Fruit of labour . . . jar

Meg jam ploy for VIP pals' backing

By MATT WILKINSON

MEGHAN sent VIP pals and online influencers jars of strawberry jam – hoping for plugs for her new wellness brand.

The Duchess of Sussex, 42, had 50 delivered as part of the soft launch of her American Riviera Orchard range.

Neighbour Tracy Robbins, wife of the boss of Paramount Pictures, put a picture of an unopened jar on Instagram, declaring: "I love this jam."

Polo pal Delfina Blaquier wrote: "Strawberry jam makes me happy."

The brand will be trailed in a Netflix show featuring Meghan which will set out to "celebrate the joys of cooking and gardening, entertaining and friendship".

She and Harry, 39, left the UK in 2020 after stepping down as working royals.

The couple pledged to carve out a "progressive new role" in the US.



Appeal . . . Staveley

£3m IOU scrap for Magpies' Staveley

EXCLUSIVE by THOMAS GODFREY

NEWCASTLE United co-owner Amanda Staveley is appealing against an order to pay £3.4million to a shipping tycoon.

She had been given until Monday to transfer the money to Victor Restis or face a court bankruptcy petition.

That would disqualify Ms Staveley, worth £110million, as a director at Newcastle, where she has a six per cent share.

Her first bid to throw out the case was dismissed but yesterday she filed documents at the High Court seeking an appeal. If granted it will be heard later this year.

The spat stems from a £10million payment Greek magnate Mr Restis, 55, made to Ms Staveley, 51, in 2008, which he wants her to repay.

He demanded £37million including an interest payment of £31million – branded "exorbitant" by Ms Staveley's lawyers.

BECKS TO BLACK . . .

By HOWELL DAVIES

FASHION designer Victoria Beckham celebrates in a blazer of glory as she turns 50 today — and is on a high.

Posh, showing off her bra in one of her own label's black suits, is allowed to wear heels again after being forced into a moon boot thanks to a fractured foot.

She wrote on Instagram: "As I get ready to step into 50 (in heels, of course!), I feel so incredibly blessed to have reached this milestone. I believe you can be many things. A pop star, a mother, a wife, a designer. My passion has always been to dream big, then dream even bigger!"

BOSS BLASTS ZOOM CULTURE

WFH IS GIVING NIKE A KICKING

Remote working hits designs

By ASHLEY ARMSTRONG



Office push . . Donahoe

THE boss of Nike has blamed staff working from home for failing to come up with exciting new designs that wow shoppers.

CEO John Donahoe says a sales slide was mostly down to the creative malaise.

He said: "It turns out, it's really hard to do bold, disruptive innovation, to develop a boldly disruptive shoe on Zoom.

"What's been missing is the kind of bold, disruptive innovation that Nike's known for and when we look back, the reasons are fairly straightforward."

His comments come as adidas has been stealing its market share while newer brands, such as On Running and Hoka, are already nibbling at Nike's heels.

The boss of JD Sports, Regis Schultz, last month blamed Nike's lack of product innovation for weaker sales.

As creative staff worked from home for two and half years, the brand – slogan Just Do It – had been relying on its familiar swoosh symbol on its Air Max, Dunks and Air Force Ones.

But Nike ordered staff back into the office 18 months ago.

Mr Donahoe, 63, believes that has reinvigorated the brand, saying: "We have been ruthlessly focused on rebuilding our disruptive innovation pipeline."

He is the latest boss to backpedal on the shift to home working. Big banks, such as JP Morgan and Goldman Sachs, have been vocal critics.

Even Zoom, which provided the video technology to work from home, called staff back to work because it was easier to solve issues and innovate when people were "in the same room".

Elon Musk banned working from home after taking over Twitter, now X, while Amazon said staff working from home would miss out on promotions.

Boots last month ordered staff back to the office five days a week, declaring it a "more fun and inspiring place" when it was fully attended.

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Jane Moore

Heroism of Ashlee is proof that the ultimate superpower is a mother's love

WHEN a crazed knifeman started indiscriminately stabbing 38-year-old mother Ashlee Good and her baby during a routine shopping trip in a Sydney mall, she displayed an astonishing clarity of thought.

She "threw" nine-month-old Harriet in to the arms of passing strangers and begged them: "Please, please help."

Ashlee, an osteopath, later died from her wounds, but her rapid reaction may well have saved the life of her daughter, who is now in a "serious but stable" condition in hospital. Her friend Steven Foxwell, who has organised a GoFundMe page for her devastated partner Dan and the now motherless Harriet, says: "Ash was a ray of sunshine and positivity in every aspect of her life and died a hero saving her little girl from the most unspeakable evil."

It was indeed a heroic act, but she probably wouldn't have seen it that way. She was simply placing her child's welfare before her own in this heart-breaking example of that most powerful of things – "a mother's love". A dad would do it too, of course, but physically we are known as the weaker sex, so the term "hysterical strength" is used when, for example, a mother might find the power to lift a car to free her child.

It's hard to test because, as one expert put it: "You can't really design an experiment to do this in a lab and make people think they're going to die. Something has to happen by fluke."

When it does, a cocktail of adrenalin and stress can give us "super-human" strength, like the documented case of a mother who broke down a door with her shoulder when her toddler was locked inside.

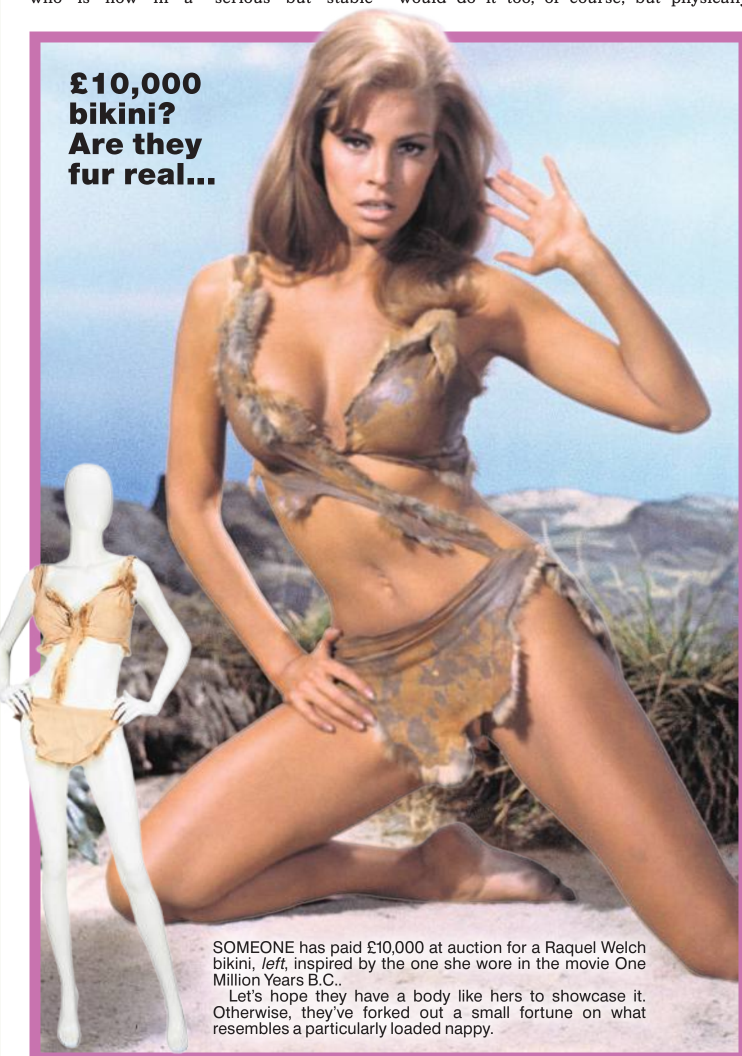
But rather than *physical* power, Ashlee's "super-human" action was purely a psychological strength which, despite being under attack, allowed her to focus on getting her child to safety.

Such laser focus when you are in danger is rare.

Indeed, in his new book Knife: Meditations After An Attempted Murder, author Salman Rushdie has spoken of being attacked by a knifeman at a literary event in 2022 and says: "I just stood there like a pinata and let him smash me."

This paralysis of thought or action is reportedly a common reaction for those in potential life or death situations.

But the sheer force of Ashlee's love for her child prompted a quick-thinking action that has hopefully saved Harriet's life.



£10,000 bikini? Are they fur real...

SOMEONE has paid £10,000 at auction for a Raquel Welch bikini, *left*, inspired by the one she wore in the movie One Million Years B.C..

Let's hope they have a body like hers to showcase it. Otherwise, they've forked out a small fortune on what resembles a particularly loaded nappy.

HAROLD WILSON, for those too young to remember, was the pipe-smoking Labour PM of this country twice, from 1964 to 1970 and from 1974 to 1976.

Born in Huddersfield, he was exceptionally bright but spoke with a distinctive nasal twang that made him an impersonator's dream.

He also looked middle-aged from birth.

So it may come as a surprise to learn that, despite being married to wife Mary from 1940 until his death in 1995, he had not one, but two, possible mistresses – both of whom worked for him, and one being 22 years his junior.

Ah, the heady aphrodisiac of power.

Still, it didn't seem to bother his wife Mary, who saw them both off and lived until she was 102.

CLAIRVOYANT Rebekah Carmichael reckons she and ghost hunter girlfriend Katharyn Birgfeld are in a throuple with a British soldier from 1781.

Rebekah, who lives in the US (where else?), says she has a polyamorous relationship with the other two, but Katharyn has a strictly platonic relationship with the ghost of "Rupert" who is 6ft 6in with blond hair and blue eyes.

Sounds more like a Viking or Peter Crouch if you ask me.

But I digress.

When delusional souls tell us they're in relationships with someone from the past, it's never a fugly with rotting, pre-Revolution teeth and smallpox, is it?



HAVEN'T yet seen the Amy Winehouse biopic Back To Black but I hear that Dermot O'Leary is very good in it.

AMOL MUST DROP IT

MASTERMIND and Radio 4's Today host Amol Rajan says that, until recently, he thought the word "aitch" was pronounced "haitch".

An easy mistake to make.

My mother was a teacher and fanatical about grammar, so during my "too cool for school" teen years she would walk along behind me pretending to sweep up what she claimed were my "dropped aitches".

But when the word for the letter H doesn't actually *start* with H, you can see why "proper" English is so tricky to learn.

AS Meghan and Harry launch two new Netflix shows, its chief executive says: "You may love them or hate them, but you're watching."

No we're not.

A BAD DREAM

SINCE moving to Portugal in 2016 and filming it for Channel 4's Our Wildest Dreams, Brits Lynn and Richard Appleby-Brisco have been subjected to a hate campaign in the village of Guarda.

They've been spat at, had their pets poisoned, been called "English pigs" and, in poor Lynn's case, "a devil-worshipping prostitute". Nice.

"Time to Be" is the slogan for Portugal's ad campaigns aimed at attracting international tourism.

Time to be on a plane home might be more apt.

BELIEVE it or not, bras are subject to VAT.

Now experts are debating whether it's discriminatory against women and should be scrapped.

I'd say so, particularly as antiques are exempt and most of my undergarments qualify.



DIET COKE . . . Barry

WILLY DO IT?

DIET Coke launched in 1982 and since then the adverts have featured an array of celebrities and, of course, shirtless male models being ogled by women.

Now actor Barry Keoghan has reportedly signed a six-figure deal to appear in the next campaign, so will he go a step further and re-enact the naked gyrating from his latest movie Saltburn?

And, if so, will it be a prosthetic or, staying on brand, the real thing?

WHY I'M TAKING A STAND

I WAS offered a seat on a crowded Tube train the other day.

I'd just had my roots done as well.

So . . . not grey then, not using anything resembling a walking aid and, after my recent droopy eyelid removal, looking a little more fresh-faced than usual. Or so I thought.

Prompting the burning question: *Why* was I offered a seat?

It wasn't chivalry, in the old-fashioned sense of the word, because it wasn't a man. It was a young woman.

I politely declined, but spent the rest of the journey mulling over her possible reasoning.

Did she think I looked unsteady on my feet? Or maybe I reminded her of her mother?

In the end, I concluded that it was just a sisterly act of good manners and went on my way.

But this week, I read about 66-year-old Filipe Edreira, a recycling plant worker from Worcester who *sued* after a colleague offered him a chair.

The judge at the Birmingham tribunal said he, "could legitimately conclude that he was being treated disadvantageously" but ultimately rejected the claim as it couldn't be proven it was offered purely because of his age.

Jeez. Young men are stabbing each other on our streets and 72 per cent of car thefts are unattended by police, but our specialist courts are being used for *this* nonsense?

I think I need to sit down.

SICK NOTE UK

Record 2.8m signed off work long-term

Back-to-work . . . Stride

THE number of people signed off work through long-term sickness has hit a record of more than 2.8million, figures show.

It is an increase of 700,000 over the past three years.

Overall, there are now 9.4million economically inactive people aged 16 to 64 who are neither in, nor looking for, work, the Office for National Statistics says.

By RYAN SABEY, Deputy Political Editor

That is the highest total since 2012 – following the 2008 financial crash.

Bosses are also failing to fill 916,000 job vacancies and Ben Harrison, of the Work Foundation at Lancaster University, says the UK is facing unresolved structural issues.

He added: "As we get closer to a General Election, supporting more people who are long-term sick into secure and sustained employment will be one of the central challenges of the next government."

Critics point to NHS waiting times preventing some from returning to work. Paul Nowak, boss of the Trades Union Congress, said: "NHS waiting lists are near record levels. But instead of taking responsibility, the Tories are attacking people who are too sick to work."

The year-on-year rise in average earnings for the three months to February eased back to six per cent.

The unemployment rate also jumped over the same period to 4.2 per cent – the highest level for six months.

But Welfare Secretary Mel Stride said: "We've seen long-term, sickness-related inactivity rise since the pandemic. That's why we introduced our £2.5billion back-to-work plan to transform lives and grow the economy.

"Our welfare reforms will cut the number of people due to be placed in the highest tier of incapacity benefits by over 370,000.

"As millions are benefiting from this month's huge boost to the national minimum wage, it is work, not welfare, that delivers the best financial security for households."

The Sun Says – Page Ten

Donor 'to killer' rap

A BLOOD donor credited with saving hundreds of lives has appeared in court charged with the stab murder of a widow.

David Newton, 69, was charged over the death of retired postmistress Una Crown, 86, in 2013.

The former amateur boxer, reportedly given an award for donating more than 100 pints of blood in 2016, was remanded in custody by Cambridge magistrates yesterday. He is yet to enter a plea.

Mrs Crown was found dead in a pool of blood in her bungalow in Wisbech, Cambs. She was later found to have stab wounds to her neck and chest.

Potholes jail threat

A HOMEOWNER who stopped paying council tax in protest at potholes on his road says he is willing to go to jail.

Ronnie Wilkie, 78, has vowed to stop paying until the craters are filled.

He said his road in Kinnersley, Herefordshire, has been poorly repaired five times in a year.

Mr Wilkie said: "It's a disaster. I am happy to go to jail. I'll give champagne to the residents of a road in Herefordshire in a worse state."

County councillor Barry Durkin said: "Patching repairs, followed by surface dressing is considered most cost-effective."

3D-COURSE MEAL

3D-printed foods and meals in powder form or made from algae will be on the menu soon, a poll on future foods suggests.



ALL SET FOR FUN . . . with the Sun. Tilly, aged ten, on bargain hol to Selsey, West Sussex

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Today's token and codeword are here, the Sun Savers code is on Page 24.

TERMS AND CONDITIONS: Price per person based on four sharing. Multiple token/code collect. Subject to availability. Date restrictions apply. Full T&Cs, see thesun.co.uk/holidays.




Fitness drive . . . Amy

Strictly's Amy bid to return

By AMIR RAZAVI

BREAST cancer-hit dance professional Amy Dowden says she is working hard to get fit enough to return to Strictly.

Amy, 33, said the dream of being back on the dance floor had helped drive her struggle to beat the disease.

She told BBC Breakfast: "I've missed it so, so much. I'm working really, really hard and getting my body fully back in rehab and physio.

"Fingers crossed I'll be back on your screen . . . if Strictly will have me back, I'll be back."

Amy, from Caerphilly, South Wales, found a lump the day before leaving on her Maldives honeymoon with fellow pro dancer Ben Jones.

She had a mastectomy and chemotherapy following her diagnosis in February last year.

Amy, who is now cancer free, added: "I'm just so grateful to get another shot at life."

Net tops bonking

A THIRD of us prefer surfing the web to a night of passion with a partner, a study suggests.

Across the UK, 35 per cent said they longed for a good data connection rather than a date night.

Scots were the most likely to prefer surfing.

Gregg Lowe, 39, of Glasgow, said: "I have been known to stay up late on my laptop when my partner is in bed waiting for me."

The findings are from a poll for TalkTalk, which showed half of us think the internet keeps home life harmonious.


Picture: JESSE ADAIR / BUSCH GARDENS / TAMPA BAY / AP

Coochie coochie ooh-ooh-ooh

By ALEX COHEN

A BABY orangutan is a wrap star after she was born at a zoo.

The critically endangered Bornean ape — who has not yet been named — was delivered by caesarean section weighing 3lbs (1.3kg).

She was fed a bottle and cuddled up to a stuffed lion, *right*, at Busch Gardens Tampa Bay, in Florida, US.

Mum Luna is recovering from surgery and will be reunited with her baby as soon as she is well.

SQUATTERS GET EVICTION NOTICE

#%@! OFF OUT OF RAMSAY'S KITCHEN



By DANIEL HAMMOND

TV chef Gordon Ramsay has served legal papers to evict squatters from his £13million pub.

The gang moved in to the venue last week, turning the 16th century former coaching inn into a dump.

But activists living in the York & Albany, in Camden, North London, cancelled an event yesterday after receiving a warning letter. They wanted to rename the place the Camden Art Cafe and run a "soup kitchen". They wrote online: "Apologies to everyone who was going to come along today. Papers served, cafe cancelled!"

Ramsay, *left*, has launched a High Court bid to boot them out. He was about to sign a deal with new partners for the site.

Squatters have also moved in to Marco Pierre White's former restaurant in Leicester Square.

Squatting in a non-residential property is not a crime in England and Wales.

● **GOT** a story about a star? Call us on **0207 782 4104**, email **exclusive@the-sun.co.uk** or text/WhatsApp **07423 720 250.**



GOT GOSSIP? CALL OR WHATSAPP THE **BIZ BATPHONE** WE NEVER SLEEP
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biz

SCOTT USHERS RADIO RIVAL TO WEDDING

BBC Radio and Global are staunch rivals, but they will play happy families for the day when **SCOTT MILLS** ties the knot in the summer.

The Radio 2 DJ has asked **CHRIS STARK**, who co-hosts the Capital Breakfast Show, to be one of his groomsmen when he marries producer Sam Vaughan.

The pair spent years side by side on Radio 1 and will reunite at the nuptials. A source said: "Scott and Chris are the best of friends, even though they no longer work together.

"They spent more than a decade together on Radio 1 and were already pals before that, so they have a lot of shared history.

"No matter what stations they are at, and whether there is competition between them, they will still be mates first and foremost, so it will be really special for Scott to have Chris there with him."

Scott is planning to get married in Spain after almost seven years with his partner Sam following his proposal back in 2021.

One thing's for sure, they'll have no shortage of DJs for the wedding reception.

IF you missed out on tickets to Glastonbury when they went on sale last autumn, you're in luck.

Vodafone has launched a competition for fans to win 100 pairs of tickets to the sold-out event, which will be headlined by DUA LIPA, COLDPLAY and SZA.

The mobile provider, the festival's official connectivity partner, is running the contest until this Sunday on its MyVodafone app.

Yesterday LULU was added to the line-up, as I revealed she would be this month, alongside CAITY BASER, THE FEELING and SHAZNAY LEWIS. I'm counting down the days.

JOHNNY IS A MARR-VEL

CAUGHT LIVE
Johnny Marr @ the Eventim Apollo, West London

A VARIED musical career has seen storied guitarist **JOHNNY MARR** play with an enviable roll call of quality artists, and he honoured that in a set that mapped his previous and current artistic adventures.

Embracing his beginnings with **THE SMITHS**, he included seven choice cuts in which Panic, This Charming Man and Bigmouth Strikes Again stood out.

His **ELECTRONIC** collaboration with **NEIL TENNANT** saw the **PET SHOP BOYS** star join in the career celebration, firstly on a rousing cover of **DAVID BOWIE**'s Rebel Rebel, then their Electronic hit Getting Away With It.

This mesmerised, sold-out venue's passionate reaction to each song, especially final tune There Is A Light That Never Goes Out, proved the pleasure and privilege was ours as Johnny thanked his superb band, Neil and "nobody f***ing else" in a jibe seemingly aimed at ex-bandmate **MORRISSEY**.

★★★★
PAUL DAVIES

Picture: RIAZ GOMEZ

You goth it, Anya



ANYA TAYLOR-JOY looked classy in black at Dior's pre-fall fashion show in New York.

The Queen's Gambit actress brought some no-frills glamour to the event in this simple gown and elegant, long gloves.

Anya, who completed her chic look with some heavy eye make-up, recently had a surprise role in Dune: Part Two.

She will be back on screen next month as the title character in Furiosa: A Mad Max Saga, alongside CHRIS HEMSWORTH.

Looks like she's gone black to basics.

IT'S an album that has been six years in the making, but after JESS GLYNNE played me her third, self-titled record, I can confirm it's been well worth the wait.

"I fell out of love with music at one point," Jess tells me, as we catch up ahead of its release a week on Friday.

"I got so consumed by my own music and my own career and the world. It was fed to me in a way that I just couldn't enjoy it any more."

With seven No1 singles under her belt, landing the record for the most chart-toppers by a British woman in the UK, and her past two albums going straight to the top spot, it's easy to see why Jess felt under pressure.

Luckily for her fans, though, she fell back in love with her craft, and tells me: "It was listening to **JONI MITCHELL** that reinvigorated me.

"She got me back into story-telling and I listened to all the records that inspired me from day one, like **LAURYN HILL**, **AMY WINEHOUSE** and **ARETHA FRANKLIN**. It reminded me why I love it."

While the downsides of fame might have been hard at times, Jess handles it all with laughter.

Recalling when she was first papped, while walking her dog in 2018, she says with a laugh: "I look blue because I was so see-through white. I was running after my dog and the pictures were so bad I just laugh. It was, 'Jess Glynne goes for a brisk stroll with dog'.

"Why does anyone want to see that?"

Firmly in spotlight

While she prefers the quieter life, Jess knows the power of her music puts her firmly in the spotlight.

Her huge 2015 No1, Hold My Hand, the theme tune for Jet2holidays ads, recently went viral thanks to stars such as **KIM KARDASHIAN** and daughter North lip-syncing to it on TikTok.

Jess says with a laugh: "I'm like, 'Kim, send me some Skims'.

"It blows my mind how that song has regenerated. Before, people heard Hold My Hand and thought, 'Woohoo, I'm going on holiday', but now it's going viral.

"I picked up my phone a few weeks ago and **JIMMY FALLON** was doing a routine with his team. And Kim and North did it. What is going on?

"It is such an amazing thing, though. Great songs stand the test of time. You don't write a song to last three minutes, you write a song to last for 300 years."

The new songs on Jess's third record are testament to this, with stand-out tracks including Lying, Promise Me and, my favourite, Chair.

Jess, who started writing the album in 2019 with the help of a team, says: "Chair is about loss in love and friendship. It's a really personal song.

"That day in the studio I could barely speak without crying. I hadn't worked with those two guys before.

"I turned up at the LA studio and was like, 'Pull your s**t together, Jess'. I went in and said, 'Hi guys', but then the music started and I was like, 'Oh no', and they asked, 'Are you alright?'

"I just couldn't hold it in."

Losing one of her closest friends, coupled with a bad break-up and splitting from her record label Atlantic in 2022, made the writing process tough for Jess.

Now in a relationship with TV presenter and former England footballer **ALEX SCOTT**, Jess adds: "I was going through a break-up, I'd lost my friend and I was on my own in LA – it was all going on at once.

"When I selected the songs for the album, I could picture the emotions I was going through on each one. This is why the album is so personal. Writing it was like therapy."

Other tracks on the LP, simply titled Jess, include Enough and Friend Of Mine. They are catchy, upbeat and reflect turning points in Jess's life.

Another, Love Me, which has the same title as a track on her debut 2015 album, I Cry When I Laugh, explores Jess's sexual awakening.

She adds: "I wrote the new Love Me and it's strange, because when I went to start doing it I realised it was the same title of a song I already had.

"But when you listen to the lyrics of the current one and the old one, they are both very feminine sexually. It's me embracing the sexual woman side of me. It's weird how they connect like that. Both songs have confidence but it

JESS ON...

HER FANS

"I WAS watching **BEYONCE**, *inset*, at The O2 before I was in music and I remember her going down to the front because she had recognised some fans. She knew their names and everything. I thought, 'How the hell does she remember them?' Now it's so crazy that you do. They blow up your phone, they are always the first in the queue, the first at the front . . . You don't forget those fans."

SLOWING DOWN

"THE Brits was a great night but it was strange.

"The last two times I'd been there I had performed and it was a different experience, you want to go out celebrating.

"I like having fun, don't get me wrong, but I'm not the same as five or ten years ago.

"I don't want to go ham every time. That would have been an excuse for a big night before but I can't do it any more."

RITA ORA

"I WAS driving with Rita, *left*, when we were in LA at the same time and we were both going through so much.

"I remember sitting with her and we were in the car playing each other records.

"I said, 'I've got this song, I'll play it', and she was like, 'Me too', and she was like, 'I want that', and I was like, 'That's done', so it was quite funny."

SOCIAL MEDIA

"I HOPE kids today take the time to actually listen to music, not in a TikTok clip, but a whole song.

"Listen to a whole album from start to finish and recognise how it makes you feel, whether it's happy, sad, makes you want to dance, you might even hate it. Whatever it is, music is so important and the culture, all that comes with it. Releasing this album has made me realise how important this is."

ELLIE HENMAN'S **arre**

With HOWELL DAVIES & JACK HARDWICK

REMIND me not to get on **COURTNEY LOVE**'s bad side.

She has laid into two of the world's biggest stars, **BEYONCE** and **TAYLOR SWIFT**, so I'd stand no chance.

Courtney, *left*, said: "Taylor is not important. She might be a safe space for girls, and she's probably the **MADONNA** of now, but she is not interesting as an artist."

On Beyonce's No1 album Cowboy Carter, she added: "I like the idea of Beyonce doing a country record because it's about black women going where previously only white women have been allowed, not that I like it much. As a concept, I love it. I just don't like her music." Ouch.

Third album is first for six years

I'M BACK GLYNNE LOVE WITH MUSIC

MAKING A SPLASH . . . Jess on stage, *left*, new album

Main picture: JOSH WILKS

LOVED UP . . . Jess with partner Alex Scott

wasn't on purpose. The old Love Me is me growing into myself and telling myself it's going to be OK. Then, in this Love Me, I am sure of myself – let's do this and get under the covers."

Her song Easy, which is one of the best on the album, was a late addition.

"I wrote Easy at the end of last year. It was really last minute," she explains.

"I didn't think anything was missing from the album until I wrote Easy with **STEVE MAC** and **JACK PATTERSON** from **CLEAN BANDIT**.

"I feel like this is the record the world might need right now."

Like with most of us, age has mellowed Jess and changed her outlook on life. Now managed by **JAY-Z**'s Roc Nation, she adds: "At the start of my career I was stubborn.

"I hesitated if anyone gave me their opinion. We hear it as an attack or as 'You're s**t'.

"As you grow up, you realise it's not because you're s**t – you just need some help. Now, for me, it's vital to collaborate and ask for help."

As she looks forward to a string of intimate gigs, kicking off in HMV on London's Oxford Street on April 26, the day her record comes out, Jess is ready to get back out on the road.

She says: "Early on, I was a nervous performer, I'd look every which way but not at the crowd.

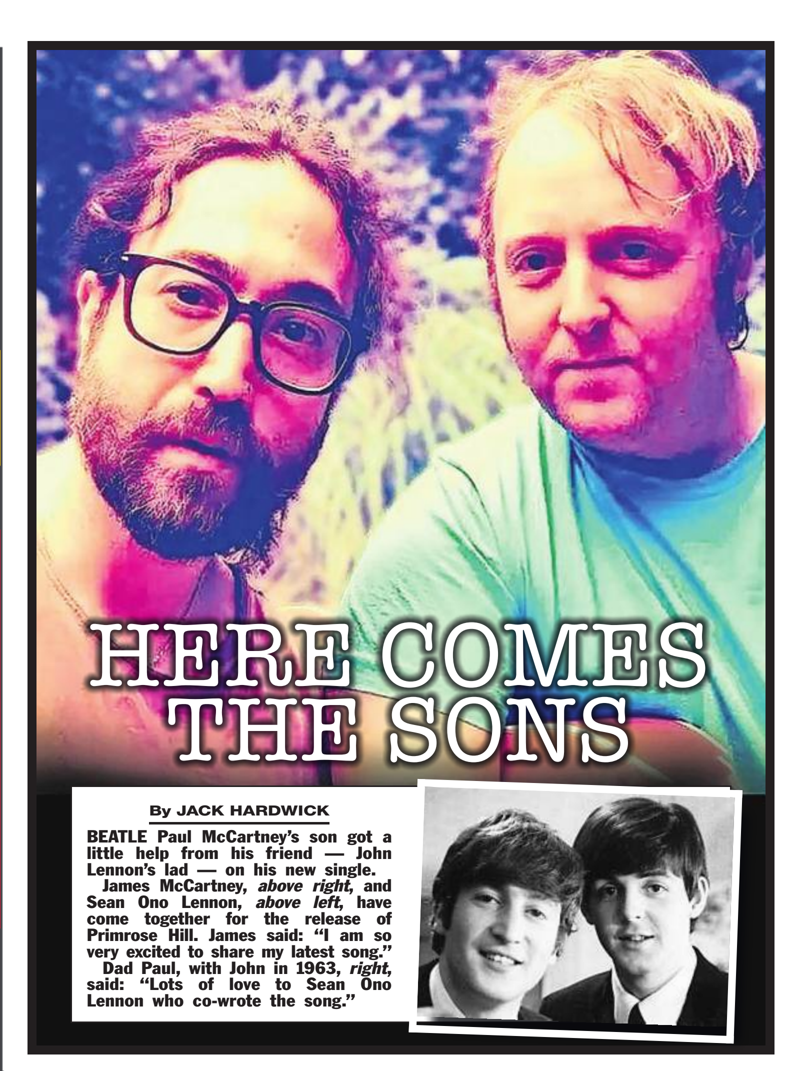
"It was at 2015's V Festival that something clicked. It was as my first album came out, and I will never forget the emotion on stage. That show set off a new era for me in terms of performance, confidence and enjoyment.

"I'm about to put together a new production for the new album and the last two records. It's going to be amazing."

Jess is planning a return to Glastonbury in two years to mark a decade since her previous show at the festival.

"You'll see me on the Pyramid Stage in 2026," Jess says with a smile.

"I'm doing what I love to do the most, and that is to sing."



HERE COMES THE SONS

By JACK HARDWICK

BEATLE Paul McCartney's son got a little help from his friend — John Lennon's lad — on his new single.

James McCartney, *above right*, and Sean Ono Lennon, *above left*, have come together for the release of Primrose Hill. James said: "I am so very excited to share my latest song."

Dad Paul, with John in 1963, *right*, said: "Lots of love to Sean Ono Lennon who co-wrote the song."

TAYLOR £1M GIG SCAMS

MORE than £1million could already have been lost to fraudsters pretending to offer Taylor Swift UK gig tickets, a bank warns.

More than 600 Lloyds customers have reported being scammed over Eras Tour dates.

Most are fooled by ads, posts or listings on social media. They pay upfront for tickets which never arrive and the scammers vanish.

By JULIA ATHERLEY

The average amount lost between July 2023 to this March was £332.

Some victims lost more than £1,000, said Lloyds, which incorporates Halifax and Bank of Scotland.

Lloyds estimates that, including other banks, there are 3,000 victims UK-wide since tickets went on sale, with £1million lost in total.

The bank's Liz Ziegler said: "Fraudsters have wasted no time in targeting Taylor's most loyal fans."

She urged buyers to use official platforms, beware of "too good to be true" deals, and pay by debit or credit card for added protection.

Fans of Coldplay, Beyonce and Harry Styles were also hit last summer, losing £133 on average.

julia.atherley@the-sun.co.uk



Swift . . shows in UK this summer

'Cavalier' doc ban

A HARLEY Street doctor illegally prescribed millions of pounds of drugs overseas, wrongly believing they were going to poor countries.

Prof Sam Lingam, 78, acted as go-between for a pharmaceutical company and a private hospital and received £11,960 for authorising 299 treatments.

The paediatrician called it a humanitarian act — but many of the HIV and cancer drugs went to patients in rich nations.

The General Medical Council said his "cavalier attitude" could have led to serious harm or death.

Lingam, of Potters Bar, Herts, was suspended for ten months from the medical register by a tribunal.

1998 'tot killer' rap

A WOMAN appeared in court yesterday charged with murdering a baby found dead near a theme park 26 years ago.

Joanne Sharkey, 54, stood shaking in the dock as she was accused over the death of the boy, known as Baby Callum.

She spoke only to confirm her name, date of birth and address during a three-minute hearing before Warrington JPs.

Sharkey, of Liverpool, was remanded in custody to appear at the city's crown court tomorrow.

The body of Baby Callum was found wrapped in a plastic bin bag near Gulliver's World in Warrington in March 1998.

'SEXIST' ALE ROW

HERE FOR THE LEER..

'Naked Ladies' beer facing ban

By ALEX WEST and ADELA WHITTINGHAM

BEER fans are hopping mad at attempts to ban an award-winning brew for being sexist.

Woke chiefs at the Campaign for Real Ale backed a single complaint over the Naked Ladies golden ale.

Camra hit out after the moan was rejected, saying it was "disappointed" at the ruling over the beer's name and label.

The ale body also admitted banning Naked Ladies from its national contest in 2022.

The brew-haha is over the ale from Twickenham Brewery in South West London, which has been making its flagship Naked Ladies for 19 years.

The name was inspired by statues of naked water nymphs in a nearby park and the label on bottles and beer pumps features an artist's impression with hop leaves. However a middle-aged man moaned to alcohol industry body the Portman Group that ordering the beer from a barmaid was "awkward and unsettling for all concerned".

He went on: "The sniggering tone of the name is offensive."

His claim that the name, branding and design of the pump clip were "inappropriately sexualised and could cause offence and embarrassment for customers and staff" was rejected.

But Camra's national executive insists the beer is sexist. Chairman Nik Antona said: "We are disappointed that the independent complaints panel did not uphold the complaint.

"The beer was removed from eligibility for inclusion in our Champion Beer of Britain Competition in 2022, following complaints from the public."

Naked Ladies was named Champion Beer of London in 2022 by Camra members.

They slammed the move to ban it as "churlish".

Twickenham Brewery says it is "proud to promote our local history on the pump clip of our bestselling beer".

twickenham
NAKED LADIES
GLORIOUSLY HOPPY GOLDEN ALE
4.4%

Sip strip . . . beer's label

● GOT a story? Call 0207 782 4104, email exclusive@the-sun.co.uk or text/WhatsApp 07423 720 250.

£800k for easy Win

A PORTRAIT of Sir Winston Churchill, pain-ted in preparation for a work that was later destroyed, is tipped to fetch £800,000 at auction.

The oil was painted by Graham Sutherland to mark the wartime leader's 80th birthday in 1954.

It captured his gentler side – but Churchill and wife Clementine hated the final, solemn work so much they hid it away.

It was later burned, probably by his secretary.

Now, the preparatory painting will go on show at Blenheim Palace in Oxfordshire, New York and London ahead of a Sotheby's sale on June 6.

It has a guide price of £500,000 to £800,000.

Lollipop lady at 90

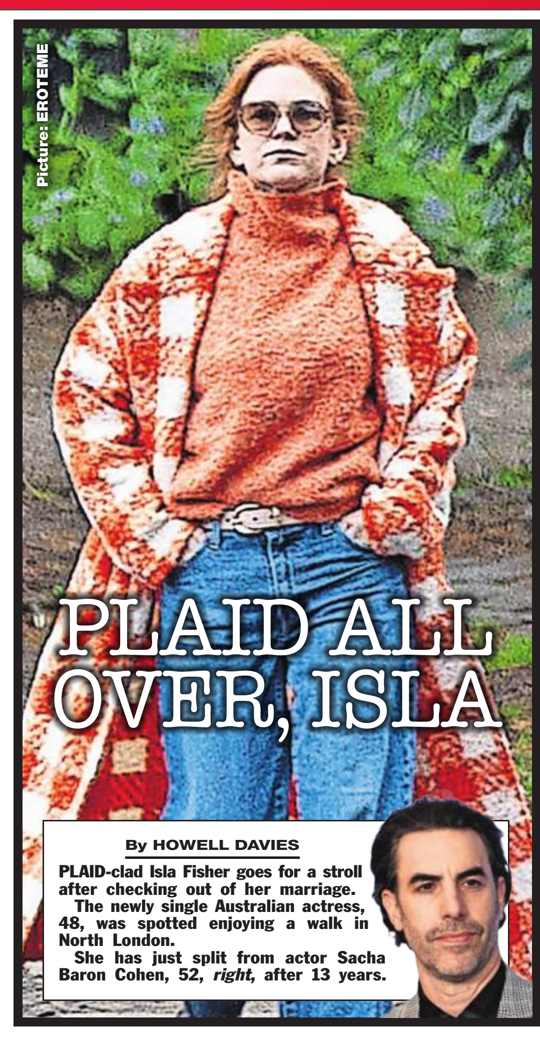
BRITAIN's oldest lollipop lady still helps children cross the road – at 90.

Pat Hunting has been working on the crossing outside a school for 51 years – and she has no plans to retire.

Staff and pupils at SS Mary and St Johns Roman Catholic Academy where Pat works in Wolverhampton, threw her a 90th birthday party.

At least one teacher at the school was helped cross the road by Pat when they were a pupil.

Pat said: "People ask me what the age limit for patrols is but I have never thought of putting my lollipop away."



Picture: EROTEME

PLAID ALL OVER, ISLA

By HOWELL DAVIES

PLAID-clad Isla Fisher goes for a stroll after checking out of her marriage.

The newly single Australian actress, 48, was spotted enjoying a walk in North London.

She has just split from actor Sacha Baron Cohen, 52, *right*, after 13 years.





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DEAL OF DAY



LEAVE your teeth sparkling with the Oral-B's pro series 1 toothbrush. Superdrug members can get it for £34.99, down from £69.99.
SAVE: £35

CHEAP TREAT



DITCH the ketchup and dip your chips in Sainsbury's Taste the Difference roasted garlic aioli, £1.65 with a Nectar card.

LOW-PRICE MEALS THAT KEEP KIDS HAPPY

Loving lunch

By LANA CLEMENTS

THE end of the holidays means many parents will be back to creating packed lunches on school days.

Preparing food that's nutritious, interesting and not too expensive can feel near impossible.

Here, food blogger Caroline Job shares her top tips for scrumptious lunches that won't break the bank . . .

COOKIE CUTTERS: Make food fun for little ones by using cookie cutters. You can cut cucumber, cheese or sandwiches into hearts or stars. Or try chopping up bitesize fruit and add to a skewer to make a healthy kebab.

BITESIZE: Cutting things up into smaller pieces helps remove feelings of being overwhelmed, says Caroline. She adds: "Chop food so little ones can open up the lunchbox and tuck in." Lunchboxes with lots of different compartments help make this easier and mean you can easily provide variety. Aim for different colours and food groups.

DIY DUPES: You can usually make your own versions of kids' convenience foods. For example, swap Dairylea Lunchers for mini Ritz biscuits and chopped-up cheese and ham, with some carrot and tomatoes for extra colour. Or you can make your own oat bars by baking oats with mashed-up banana, raisins, seeds and a little honey. Add a little milk or water if the mixture looks dry, before baking for 15 to 20minutes.

SANDWICH SWAP: If your children are bored of sarnies, try Caroline's recipes for mini quiches using tortilla wraps. You simply put together a mixture of cheese, beaten egg, cooked bacon and tomatoes inside cut-out circles of tortillas in a muffin tin. Bake for ten to 15 minutes, at 200C, until the egg is cooked through.

PLAN: Caroline recommends having a clear idea of what you're packing each day of the week and shop accordingly. Use up food in date order and try to prep food the night before where possible.

See more of Caroline's tips at lunchboxworld.co.uk.

●**All prices on page correct at time of going to press. Deals and offers subject to availability.**

TOP SWAP



£32.99

SMARTEN up a pair of jeans with this khaki waistcoat, *above*, £32.99, from New Look. Or maybe grab this similar version from Primark, *below*, at a more affordable £18.
SAVE: £14.99



£18

What's new?

SILENTNIGHT has launched bedding to help women affected by menopause-related sleep disruption. The collection includes this cooling copper-infused pillow, £25, from Argos.

Little helper

GET into gardening this spring with these stylish Pepco gloves, 80p, from Poundland.

SHOP & SAVE



LOOK after your hair with Monday shampoo, on offer at Boots for £3.33, reduced from £5.
SAVE: £1.67

HOT RIGHT NOW

FILL up your freezer at Co-op with five items for £5, including oven chips and Solero, saving £7.40. The deal is for members only.



Hospital . . . Laura

£2k bum filler jabs almost killed me

By PAUL SIMS

A MUM told how she nearly died after a litre of filler was injected into her bum cheeks.

Laura Bassnett, 29, had the £2,000 non-surgical procedure at a salon she found on Instagram.

She suffered "excruciating pain" as the "liquid Brazilian Butt Lift" went in, and she passed out.

Laura was admitted to hospital in agony a few days later with sepsis.

She asked if having to have the filler removed was the worst-case scenario, and was told, "No, losing your life is".

At one point she lost feeling in her leg and medics feared it may have to be amputated.

But Laura, from Derby, has recovered after a week in hospital.

She said: "I thought I was being safe getting a non-surgical procedure. I'd say to girls, 'It's not worth risking your life'."

The salon has been reported to authorities.





Attacked . . . Sam

Brit hols woman in snake bite hell

By ADELA WHITTINGHAM

A HOLIDAYMAKER had to spend four days in intensive care after she was bitten by a deadly venomous snake.

Sam West, 40, was attacked by the 5ft-long blunt-nosed viper as she waited to do a meditation session outdoors.

She was celebrating her birthday with wife Kate at the Atlantica Aphrodite Hills hotel, in Kouklia, Cyprus, when the reptile struck, sending pain shooting through her leg.

Sam, from Shifnal, Shrops, told the BBC: "It bit me just above my left ankle before I had time to react.

"I started to shake the snake off as I shouted I was bitten. My leg was burning and throbbing."

She was given anti-venom drugs while spending four days in hospital nursing a severely bruised and swollen leg.

Sam was discharged on Monday and hopes to fly home soon.

EXCLUSIVE: WINNER'S WOE

Mum blasts TUI as dog banned on TV hol flight

RANT & DEC

Guest . . . Tammy, left, in studio as Ant walks down stairs beside her

Close . . Tammy, who works for disabled pets, with Pumpkin

Disabled . . . Pumpkin on wheels

By ANDY ROBINSON

A CHARITY boss was left devastated after her paralysed dog Pumpkin was banned from a family holiday she won on Ant & Dec's Saturday Night Takeaway.

Tammy Fox, 43, who runs Pumpkin and Friends to raise awareness of disabled animals, was nominated to appear in the show's live audience with 410 other volunteers in February.

Every guest was gifted a dream getaway for four.

But Tammy has had to cancel as TUI say her paraplegic West Highland Terrier, two, cannot travel because she is not an assistance dog.

Tammy and kitchen fitter partner Richard Blogg, 45, have offered to closely mind Pumpkin – who uses a special buggy with wheels and has no bladder control – but without success.

Mum-of-two Tammy, from Lincoln, said: "I'm angry. This is effectively discrimination against my disabled dog.

"We wouldn't have the holiday if it wasn't for Pumpkin so it's only right that she comes."

Tammy added: "We're all devastated after being given a prize only for our dreams to be snatched away from us. We had such a good time on the show but it's all been spoilt."

TUI said: "We appreciate she is disappointed. Sadly, UK airline policies prohibit non-assistance dogs travelling in an aeroplane cabin.

"We're tied to terms and conditions and policies around the prize, but we're in touch with her team about other ways we might be able to support the charity as a gesture of goodwill."

ITV did not comment.

● **DO** you have a story? Call **0207 782 4104**, email **exclusive@the-sun.co.uk** or text/WhatsApp **07423 720 250**.

TAKEAWAY GETAWAY

DAD'S SQUEAKY SHOE





Stephen . . . with cat and shoes

EXCLUSIVE by PAUL SIMS

A DAD was left mortified when an uncomfortable bump in his trainer turned out to be a dead mouse — which had been there for two months.

Stephen Pattison, 50, kept flattening out a kink in the lining which was irritating him whenever he wore the shoe.

But he decided to pull out the sole and properly investigate when his right sock started to whiff — and was horrified to see a squished rodent.

Stephen, who blames the family's cat, explained: "I thought it was the cardboard in the trainer pushing up or even the gel. It was squidgy. I kept pushing it down hoping it would sort itself out.

"But my right sock kept smelling of ammonia every time I was wearing the trainers so I decided to have a look.

"I took the sole out and it looked fine until I turned it over and saw the mouse. All I could think was 'Bloody cat'. My wife, Sonia, on the other hand, was almost sick." Their five-year-old pet, Cinder, regularly brings mice in to play with — and this one is likely to have taken refuge inside his trainer.

Stephen, a cleaner from Thirsk, North Yorks, added: "They're always alive and she spends a while chasing them around the house whilst I try and grab it. She's a little bugger for it. On this occasion she's brought it in and it's hidden from her. How it got beneath the sole is beyond me because it was glued down but I've been walking on a dead mouse for two bloody months."


Victim . . . Masie

Pond fall tragedy of girl, 2, left alone

By SARAH RIDLEY

A GIRL of two died after falling into a pond while unsupervised for 30 minutes, an inquest heard.

CCTV showed Masie Lomax-Newton splashing in puddles before heading to the water's edge at a farm where they kept horses in November 2021.

She was in the pond 15 minutes before her gran found her and gave CPR. Masie died 15 days later.

The pond at Atherton, Gtr Manchester, was fenced off and the family thought it "looked secure".

Assistant Coroner Mike Pemberton gave a narrative conclusion saying Masie's pond fall led to a devastating brain injury.

Mum Emma, 30, and gran Cindy Molyneux, 52, got a year's community order at Manchester crown court for neglect.

But grandad Charles Lomax-Newton told the Bolton hearing: "Masie was never ever neglected. She had everything a little girl could ever want."


Danger . . . XL Bully

Arrest in 'XL Bully' attack on woman

By SARAH RIDLEY

A MAN has been arrested after a suspected XL Bully dog attack.

Armed police were called after a woman was bitten on Monday.

The victim, who is in her 20s, was taken to hospital with a hand injury following the attack in Blackpool.

Lancashire Police said yesterday that a male in his 40s was arrested at a property on suspicion of having a dog dangerously out of control.

The force added: "He remains in custody. A dog, suspected to be an XL Bully type, was seized from the address."

From February 1, it became a criminal offence to own the XL Bully breed in England and Wales without an exemption certificate.

Owners must have had the animal neutered and microchipped. It must also be kept muzzled and on a lead in public.

CHEF IS CONVERT TO KITCHEN GA



Kerala-style roast chicken With crispy cauliflower and chickpea fragrant curry sauce

A MARRIAGE of two of my loves – a roast dinner and chicken curry. The air fryer is so efficient for cooking a whole bird and, with spices, gnarly veg, fluffy rice and crispy poppadoms, it makes a fantastic family meal.

Serves 6

Prep time: 10mins **Cook time:** 50mins
Nutrition: 648kcals, 19.3g fat (5.9g saturated), 48.7g protein, 74.4g carbs, 16.1g sugar, 9g fibre, 1.2g salt
Weight of portion: 517.7g
Special diet tags: gluten-free
[Recipe tested in a Tefal Easy Fry Dual Air Fryer, 8.3L]

YOU NEED:
1.5kg whole free-range chicken
1 small cauliflower
4 tbsp Kerala-style curry paste
Olive oil
Red wine vinegar
700g jar of chickpeas
1 mug of basmati rice (300g)
½ a lemon
½ a cucumber
½ a red chilli
150g natural yoghurt
3 tbsp mango chutney
½ a pomegranate
poppadoms, to serve

For the curry sauce:
1 onion
2 cloves of garlic
5cm piece of ginger
1 fresh red chilli
1 bunch of coriander (30g)
Groundnut oil
1 heaped teaspoon brown mustard seeds
1 teaspoon ground turmeric
1 handful of curry leaves
300g ripe cherry tomatoes
400g tin of light coconut milk
½ a lemon

METHOD: Press on the chicken breasts to break the backbone then slash each thigh a few times to help the heat penetrate as it cooks. Quarter the cauliflower, discarding tatty outer leaves. Rub 2 tbsp each of curry paste and olive oil, a splash of red wine vinegar and a pinch of sea salt and black pepper, all over the chicken and cauliflower.

Place the chicken breast-side down in the larger drawer of the air fryer and press down. Cook for 50mins at 200C, or until cooked through. Turn halfway. Place the cauliflower in the smaller drawer and cook for 50mins at 200C, adding the chickpeas halfway.

Meanwhile, for the curry sauce, peel and finely slice the onion, garlic and ginger, then deseed and finely slice the chilli. Pick the coriander leaves, finely chopping the stalks. Put a big non-stick pan on medium heat with 1 tbsp groundnut oil, the spices and curry leaves and fry for 2 mins, then add the onion, garlic, ginger, chilli, a pinch of black pepper, the coriander stalks and tomatoes, breaking them up with a spoon as you go. Stir in the remaining 2 tbsp curry paste and cook for 15mins, or until softened, stirring occasionally.

Pour 2 mugs of boiling kettle water into a pan, halve and add the lemon and a pinch of salt then place on a high heat. Tip in the rice, stir then cover and cook on low heat for 12mins or until tender. Leave to sit for 2mins then fluff with a fork. Remove the lemon and squeeze over the rice. Stir in the coconut milk then simmer on a medium-low heat until reduced to a saucy consistency. Season with salt, pepper and a squeeze of lemon juice.

Coarsely grate the cucumber and put in a small bowl, squeezing out excess moisture. Finely chop and add the chilli then stir in the yoghurt. Drizzle with olive oil.

Put the mango chutney into a small serving bowl. Holding the pomegranate half cut-side down in the palm of your hand, bash the back with a spoon so all the seeds tumble out into the bowl. Mix together.

Spoon the rice on to a serving platter or board, place the cooked chicken on top then arrange the cauliflower and chickpeas at the sides. Serve the curry sauce in a bowl, with the smaller bowls of cucumber yoghurt and mango chutney on the side, and a stack of poppadoms. Scatter on the coriander leaves.

Crispy herb-stuffed salm

PEOPLE often tell me they get nervous about cooking fresh fish beautifully, but fear not, you can get great results in an air fryer. And in this recipe, I've built in clever tips to help you take it to the next level. I've scored and stuffed the salmon for bonus flavour with a quicker cook time, and the tinned potatoes are a brilliant cheat (I love them!). Served with tasty steamed and scorched greens and a quick salsa, this is a genius midweek meal – big flavour, minimal effort, job done.

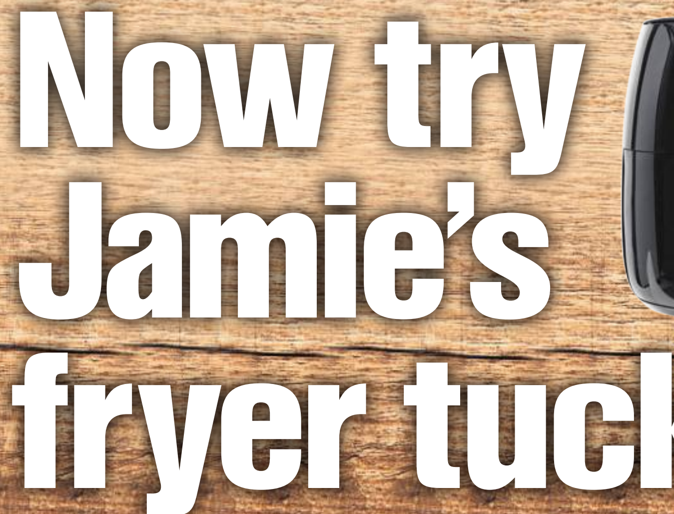
Serves 2

Prep time: 5mins **Cook time:** 12mins
Nutrition: 666kcals, 35.3g fat (5.5g saturated), 44.4g protein, 38.5g carbs, 10.9g sugar, 8.6g fibre, 1.8g salt
Weight of portion: 588.9g
Special diet tags: Dairy-free
[Recipe tested in a Tefal Easy Fry Dual Air Fryer, 8.3L]

YOU NEED:
1 swig of dry white wine
Olive oil
200g tenderstem broccoli
200g asparagus
100g green beans
2x150g salmon fillets, skin on, scaled, pin-boned, from sustainable sources
½ a bunch of soft herbs, such as dill, basil, parsley, mint, marjoram (15g)
½ a lemon
567g tin of new potatoes
Optional: 1 sprig of rosemary

For the salsa:
2 large roasted jarred peppers (120g)
1 heaped tsp capers
2 anchovy fillets
½ a bunch of basil (15g)
½ a small clove of garlic
½ tsp Dijon mustard
½ a lemon
Extra-virgin olive oil

METHO olive oi air-frye
Trim the woo add, th beans that ev cooked
Pinch down in 1cm de
Seas black p the her zest. Ru place th skin-sid
Drain to a boa half. Sli drizzle



Now try Jamie's fryer tuck

By CAROLINE IGGULDEN

IT'S the gadget taking kitchens by storm – and now even Jamie Oliver is a fan of the air fryer.

For new Channel 4 series Jamie's Air Fryer Meals, which started on Monday, the celebrity chef has a host of quick and easy recipes – and today he shares some with The Sun.

He told us: "At first I was a bit sceptical *[about air fryers]* but after testing, and discovering new ways to create flavour and texture, I was sold.

"It's rare for a gadget to revolutionise the way people cook, but it's such a great solution for the modern family that the air fryer has done just that.

"Aside from the obvious speed and efficiency, it's brilliant for staggered meal times, especially mid-week, when people juggle multiple timetables.

"Plus, it's a great meal prepping aid. I like to rack up individual meals in foil parcels in the fridge that can cooked to order in very little time. especially great for older kids, as t can grab their own when ready – m would rather use an air fryer than t on the oven – and it feels like a sa method of cooking.

"There's none of the waiting arou for the oven to preheat or feeling it's a waste of energy to switching the oven on smaller numbers.

"And air fryers brown things nice evenly without having to k turning things ove they vent steam help with this, un regular ovens t tend to trap stean

●**Episode two of Jam Air Fryer Meals is Channel 4 on Mon at 8pm. For more fryer recipes, check jamieoliver.com/airfryer**

PUD IT THERE . . . Jamie serves up Peach Alaska

ADGET...SO HERE ARE HIS EASY RECIPES

on With nutty greens and red pepper salsa

OD: Pour the wine and 1 tbsp l into the bottom of the larger r drawer.
and throw in the broccoli, snap ody ends off the asparagus and en trim and add the green (the order is important here so erything ends up perfectly d).
n the salmon fillets and slice nto the skin lengthways, about ep.
on the cuts with sea salt and epper, then pick and stuff with bs and a few gratings of lemon ub with a little olive oil, then he fish on top of the green veg, de up.
n the tinned potatoes and tip on ard, slicing any larger ones in ce ½ a lemon into rounds, then with 1 tbsp olive oil and season with a pinch of salt and pepper. Add them to the smaller drawer and strip over the rosemary (if using).

Use the sync setting to cook the potatoes for 12mins and the salmon for 8mins, both at 200C.

Place the peppers on a board with the capers and anchovies.

Pick over the basil leaves and peel and add the garlic (you only need a fine slither), then very finely chop and mix together until super-fine.

Add the mustard and a squeeze of lemon juice, followed by 1 tbsp extra-virgin olive oil, then mix together well and scrape into a serving bowl.

Divide the lemony potatoes between serving plates, followed by the green veg, then top with the salmon, drizzling with some of the juices from the larger drawer.

Finish with a dollop of salsa.





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Burnt cheesecake With chocolate layers and dressed raspberries

MADE with simple ingredients and a clever method, this is such a comforting but beautiful dessert, and cooking it in layers in an air fryer presents the perfect opportunity to add bonus flavour. As the cheesecake layers get higher they become closer to the heat source, which results in more colour, and ultimately flavour. It's quite visually different and was a real favourite at JOHQ during testing. Enjoy!

Serves 8

Prep time: 5mins **Cook time:** 24mins
Nutrition: 398kcals, 25.3g fat (16.1g saturates), 7.4g protein, 37.4g carbs, 33g sugar, 2.3g fibre, 0.4g salt
Weight of portion: 128.1g
Special diet tags: Vegetarian
[Recipe tested in a Tefal Easy Fry Vision Air Fryer, 4.2L]

YOU NEED:
Olive oil or butter, for greasing
2x280g tubs of cream cheese
150g icing sugar, plus extra for dusting
3 tsp vanilla bean paste
3 large free-range eggs
35g plain flour
100g quality dark chocolate (70%)
½ a blood or regular orange
1 tbsp runny honey
200g fresh raspberries

METHOD: Lightly grease the inside of an 18cm round loose-bottomed cake tin. Line just the bottom with greaseproof paper.

Beat the cream cheese in a large mixing bowl to soften slightly, then sift in the icing sugar and add the vanilla. Beat until smooth then add the eggs one at a time, whisking well after each addition. Sift in the flour and beat once more.

Pour one-third of the mixture into the lined tin, shake gently to even out the layer, then place in the air fryer and cook for 10mins at 200C.

When the time's up, snap over half the chocolate and pour over half the remaining mixture, smoothing it out to the edges with a spatula. Cook for 7mins at 200C, then remove.

Snap over the remaining chocolate then top with the remaining mixture, smoothing out as before, and cook for a final 7mins at 200C.

To make the sauce, squeeze the orange juice into a bowl, add the honey, then mash well with half the raspberries. Scatter in the remaining raspberries, then toss together just before serving.

When the time's up, allow the cheesecake to cool for 20 to 30mins, then slice up and serve with the dressed raspberries.

Nathan Anthony's Easy Air Fryer Cooking
Fab DAILY
PAGE 35

I'M taking things up a notch with an air fryer dessert that's guaranteed to impress, and all made with a whole load of things you've probably got hanging around in your cupboards.

Now, the classic would be made using a sponge base, which you can absolutely do if you prefer, but I'm making things super easy by using hot cross buns instead. Enjoy my cheat's version, made with a whole load of shortcuts, but without compromising on flavour or texture. Yum!

Peach Alaska With hazelnut spread and vanilla ice cream

Serves 4 [each Alaska serves 2]

Prep time: 10mins **Cook time:** 10mins minutes, plus resting
Nutrition: 368kcals, 10g fat (3.1g saturates, 6.9g protein, 59.,2g carbs, 49.4g sugar, 2,3g fibre, 0.2g salt
Weight of portion: 168.3g
Special diet tags: Vegetarian
[Recipe tested in a Tefal Easy Fry Dual Air Fryer 8.3L]

YOU NEED:
2 large free-range eggs
100g caster sugar
1 hot cross bun
4 tbsp sherry or elderflower cordial
2 tbsp hazelnut chocolate spread
1 415g tin of peaches in juice
2 large scoops of vanilla ice cream
1 handful of unsalted hazelnuts

METHOD: Separate the eggs. Put the whites into a bowl (save the yolks for another recipe), add a pinch of sea salt and whisk until the mixture forms stiff peaks – use an electric whisk if you've got one.

With the mixer still running, gradually add in the sugar until glossy and combined.

Halve the hot cross bun and place on to circles of greaseproof paper. Drizzle the sherry over the cut sides of the hot cross bun halves then spread over the chocolate spread. Drain the peaches and arrange half on top of each.

Top one of the hot cross buns with a large scoop of ice cream, then spoon or pipe on half the meringue, making sure the ice cream and bun are completely covered – the meringue will protect them as they bake. Finish with a few taps of the spoon to create pretty peaks.

Carefully transfer the Alaska to the larger drawer of the air fryer. Place half the hazelnuts into the smaller drawer and use the sync setting to cook both for 5mins at 190C, or until the meringue is golden all over.

Remove from the air fryer and let it sit for 1 to 2mins, so the meringue can crisp up slightly, then slice in half and divide between serving plates. Bash or roughly chop the hazelnuts and sprinkle them over, then serve up straight away.

Repeat the tasks outlined here in paragraphs four to six to make your second Alaska.

Enjoy!

Wednesday



4-PAGE SECTION

TV GUIDE

BBC ONE

6am Breakfast (S)
9.30 Morning Live (S)
10.45 Big Little Crimes (S)
11.15 Homes Under The Hammer (R,S)
12.15 Bargain Hunt Christina Trevanion heads to an antiques centre in Leominster. (R,S)
1.00 BBC News (S)
1.30 Regional News (S)
1.45 Doctors Luca helps a daughter caring for her mother. (S)
2.15 Money For Nothing Restoring a collapsing card table. (R,S)
3.00 Escape To The Country A musical couple search for a home in Somerset or Gloucestershire. (R,S)
3.45 The Bidding Room (S)
4.30 Bridge Of Lies (R,S)
5.15 Pointless Quiz hosted by Alexander Armstrong and Hugh Dennis. (S)
6.00 BBC News (S)
6.30 Regional News (S) Then **Party Election Broadcast By The Conservative Party**



9pm Sharon and Brydie Race Across The World in South Korea

7.00 The One Show With Alex Jones and Jermaine Jenas. (S)
7.30 EastEnders Patrick and Yolande clash on the day of the fundraiser after he finds her alone with Pastor Clayton. (S)
8.30 The Repair Shop (1/30) An antique skeleton clock, a giant teddy bear and a transistor radio are restored. (R,S)
9.00 Race Across The World (2/9) With less than five hours separating the teams, they leave Nara City and head to the second checkpoint in the seaside town of Sokcho, South Korea. (S)
10.00 BBC News (S)
10.30 Regional News (S)
10.40 Eddie The Eagle FILM Biopic of British underdog ski jumper Eddie Edwards, who became a national sensation during the 1988 Winter Olympics. Starring Taron Egerton and Hugh Jackman. (2016) ✪✪✪✪ (S)
12.20 Pointless Celebrities Contestants include Georgia Steel, Jasmine Harman and Laura Hamilton. (R,S) Followed by **Weather For The Week Ahead 1.15-6am** BBC News (S)

BBC TWO

6.30 am Bargain Hunt (R,S)
7.15 The Bidding Room Nigel Havers hosts. (R,S)
8.00 Sign Zone: MasterChef The second quarter-final. (R,S,SL)
8.30 Robson Green's Weekend Escapes With Sarah Hunter.(R,S,SL)
9.00 BBC News (S)
11.15 Politics Live (S)
1.00 Impossible (R,S)
1.45 The Edge (R,S)
2.30 The Edible Garden (R,S)
3.00 Jay And Dom's Home Fix Jay Blades and Dominic Chinea build children's furniture. (R,S)
3.45 The Home That Two Built Shifting lifestyle trends during the 1980s. (R,S)
4.45 Chris And Meg's Wild Summer (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Great Coastal Railway Journeys Travelling from Porthmadog to Anglesey. (S)



10pm Sian Gibson and Mike Bubbins star in Mammoth

7.00 Your Home Made Perfect (3/9) Architects Will Foster and Lynsey Elliot compete to remodel actress Jill Halfpenny's flat. (R,S)
8.00 Andi Oliver's Fabulous Feasts (4/8) Andi organises an arts festival in Stoke-on-Trent. (S)
9.00 Surgeons: At The Edge Of Life (4/6) Surgeons attempt to reconstruct a patient's jaw. (S)
10.00 Mammoth NEW (1/3) A PE teacher presumed dead in an avalanche in 1979 is brought back to life in the present day. Comedy with Mike Bubbins. (S)
10.25 Harry Hill's Lonely Island (1/4) Reveallng how prehistoric man might have lived. (R,S)
10.30 Newsnight (S) Followed by **Weather**
11.15 Pilgrimage: The Road Through North Wales (3/3) The travellers' last leg begins outside Eryri national park. (R,S)
12.15 Sign Zone: Bring The Drama (R,S,SL) **1.15** Dragons' Den (R,S,SL) **2.15-3.15am** The Darkest Days: Israel-Gaza Six Months On (R,S,SL)

ITV1

6am Good Morning Britain News, current affairs and features. (S)
9.00 Lorraine Entertainment and fashion news. (S)
10.00 This Morning Celebrity chat and lifestyle features. (S)
12.30 Loose Women Topical debate from a female perspective. (S)
1.30 ITV News (S)
1.55 Regional News (S)
2.00 Riddiculous Quiz hosted by Ranvir Singh in which contestants take on Riddlemaster Henry Lewis as they attempt to answer questions and conundrums. (R,S)
3.00 Winning Combination Quiz hosted by Omid Djalili. (R,S) Followed by **Local Weather**
4.00 Tipping Point Quiz with Ben Shephard. (R,S)
5.00 The Chase Quiz hosted by Bradley Walsh. (R,S)
6.00 Regional News (S)
6.30 ITV News (S)



9pm Ben Miller stars in detective thriller Professor T

7.30 Emmerdale Kerry has an admission, Tom heads off knowing that he's got eyes still trained on his home. (S)
8.00 Coronation Street Bobby's false story sends the police knocking on Daniel's door, Alya deserts Adam in favour of a better job, and Sean and Julia settle into their new home. (S)
9.00 Professor T (4/6) Out of prison, the Professor is desperate to get back to his work at the university, and the police need help to investigate a series of unexplained deaths before more people die. Ben Miller stars. (S)
10.00 ITV News At Ten (S)
10.30 Regional News (S)
10.45 Peston Political magazine. (S)
11.40 Heathrow: Britain's Busiest Airport (10/12) Border force dog Jessie sniffs out thousands of pounds. (R,S)
12.05 Shop On TV 3.00 Tonight: Fly Tipping: Britain's Rubbish Nightmare (R,S,SL) **3.25** Ramadan: A Journey Across Britain (R,S,SL) **4.00** Unwind With ITV (S) **5.05-6am** Alan Titchmarsh's Gardening Club (R,S,SL)

Channel 4

6.10 am Countdown (R,S)
6.50 3rd Rock From The Sun Triple bill. (R,S)
8.05 Everybody Loves Raymond (R,S)
9.30 Frasier (R,S)
11.00 Work On The Wild Side Vet Emily carries out a risky procedure. (R,S)
12.00 C4 News (S)
12.05 Sun, Sea And Selling Houses (R,S)
1.05 Find It, Fix It, Flog It Items include a table football game. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun A couple seek a retirement property on Portugal's western Algarve. (R,S)
4.00 A New Life In The Sun The yurt restaurant opens for business in Italy. (R,S)
5.00 Château DIY (R,S)
6.00 Four In A Bed The third visit of the week is to the Cley Hall Hotel, Lincolnshire. (S)
6.30 The Simpsons (R,S)



9pm Stacey Solomons Renovation Rescue is in Devon

7.00 C4 News (S)
8.00 George Clarke's Remarkable Renovations (4/5) George meets Peter and Julia, who ran their local Post Office and lived above it. (R,S)
9.00 Stacey Solomon's Renovation Rescue (2/6) Stacey helps Jo and Darryl in Devon after building inspectors condemned £127,000 worth of work on their sea-view home, leaving them to start all over again. (S)
10.00 Danny Dyer: How To Be A Man (2/2) Danny meets with psychologists at Sunderland University to try understand the male mental health crisis. (S)
11.05 8 Out Of 10 Cats Does Countdown (6/7) With Sean Lock, Danny Dyer, Joe Wilkinson and Gabby Logan. (R,S)
12.10 NEW **BTK: Confession Of A Serial Killer** (S) **12.55** 24 Hours In A&E (R,S) **1.50** FILM Monos. Adventure thriller with Sofia Buenaventura. (2019) ✪✪✪✪ **3.30** Couples Come Dine With Me (R,S,SL) **4.25** Grand Designs New Zealand (R,S) **5.20-6.10am** Renovation Nation (R,S)

Channel 5



6am Milkshake!
9.15 Jeremy Vine (S)
11.15 Storm Huntley (S)
12.45 Friends Double bill. Rachel returns from Greece. Then, surrogate mum Phoebe goes into labour. (R,S)
1.40 5 News (S)
1.45 Home And Away Justin feels dejected.(R,S)
2.15 PREMIERE **Dial...For Murder** FILM Thriller starring Kirsten Comerford. (2023) ✪✪✪ (S)
4.00 Bargain-Loving Brits In The Sun Following Wiganers and charity workers Jane and Andy, who volunteer at a nearby donkey sanctuary. (S)
5.00 5 News At 5 (S)
6.00 Robson Green's Coastal Fishing The actor explores the Pembrokeshire coast, where he goes in search of sea bass. (R,S) Followed by **5 News Update**

7pm Testing electric shavers in Shop Smart, Save Money

7.00 Shop Smart, Save Money Testing car-cleaning products, portable blenders and electric shavers. (S) Followed by **5 News Update**
8.00 Springtime On The Farm (3/5) Helen Skelton and Jules Hudson keep an eye on a pregnant miniature donkey. (S)
9.00 The 1980s Supermarket: Posh Food Revolution (3/3) A look at how ice cream giant Walls launched Viennetta in the 1980s. (S)
10.00 Inheritance Wars: Who Gets The Money? (3/4) A Ming vase collection that shattered the lives of a lord's children. (R,S)
11.05 999: Emergency Call Out (9/10) A team responds to a hit-and-run. (R,S)
12.05 Motorway Cops: Catching Britain's Speeders (R,S) **1.00** Live Casino Show (S) **3.00** Entertainment News On 5 (S) **3.05** Nightmare Tenants, Slum Landlords (R,S) **3.50** The Cotswolds With Pam Ayres (R,S) **4.40** Great Artists (R,S) **5.05** House Doctor (R,S,SL) **5.30** Entertainment News On 5 (S) **5.40-6am** Milkshake!

TalkTV



Freeview: 237 Freesat: 217 Sky: 522 Virgin: 606

6am Talk Today With Jeremy Kyle And Nicola Thorp
9.30 Kevin & Alex
10.00 Julia Hartley-Brewer
1.00 CrossTalk With Kevin O'Sullivan And Alex Phillips We confront the day's biggest news with analysis, fierce debate and feisty humour.
3.00 Ian Collins Charm, wit and sophistication personified, the host cuts through the echo-chamber with hard-hitting monologues, stimulating debates and dedicated time for your calls.
4.00 Vanessa Feltz Big names, interviews, and viewers' thoughts on what has got the nation talking.
6.00 The Talk A panel of famous faces debate today's topics.



4pm Vanessa Feltz share what's on her mind today

7.00 Prime Time With James Max LIVE **The charismatic host brings his journalistic experience and gets inside the stories of the day with analysis and lively debate.**
8.00 The Independent Republic Of Mike Graham LIVE **A full-throttle run through the day's news with the King of Common Sense, plus calls and guests.**
10.00 The Talk **A panel of famous faces debate the hot topics everybody's talking about. (R)**
11.00 Prime Time With James Max The charismatic host brings a wealth of journalistic experience to get inside the stories of the day with expert analysis and lively debate. (R)
12.00 Petrie Hosken Bringing the very best and latest news stories overnight. **1.00** CrossTalk With Kevin O'Sullivan And Alex Phillips (R) **3.00** Prime Time With James Max (R) **4.00** The Talk (R) **5.00-6am** James Max

Watch live on all major social media platforms, the Talk.TV website or the TalkTV app

REGIONAL VARIATIONS

S4C: **6am** Cyw **11.00** Cyw **12.00** Newyddion S4C A'r Tywydd **12.05** Colleen Ramsey: Bywyd A Bwyd **12.30** Heno **1.00** Byd O Liw: Arlunwyr **1.30** Garddio A Mwy **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Arctig Gwyllt Iolo Williams **4.00** Awr Fawr: Caru Canu **4.05** Timpo **4.15** Byd Tad-Cu **4.30** Crawc A'i Ffrindiau **4.40** Dal Dy Ddannedd **5.00** Stwnsh: Dewi A'r Ditectifs Gwyllt **5.10** Ar Goll Yn Oz **5.30** Cic **5.50** Newyddion Ni **6.00** Caeau Cymru **6.30** Rownd A Rownd **6.57** Newyddion S4C **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Pobol Y Cwm **8.25** Y Sîn **8.55** Newyddion S4C A'r Tywydd **9.00** NEW Alun, Chris A Kiri Yn Seland Newydd **10.00** Cysgu O Gwmpas **10.30-11.35pm** Teulu'r Castell BBC ONE NORTH WEST: **10.40pm** A Mayor For Liverpool City Region **11.25** FILM Eddie The Eagle (2016) **1.05-1.10am** Pointless Celebrities **1.55-6am** BBC News ITV ANGLIA/CENTRAL/GRANADA/MERIDIAN/WEST/WESTCOUNTRY/YORKSHIRE: **6.20-6.30pm** Party Election Broadcast By the Conservative Party

FILMS ✪✪✪✪✪ Brilliant ✪✪✪✪ Very Good ✪✪✪ Good ✪✪ Not Bad ✪ Poor (R) Repeat (S) Subtitles (SL) Sign Language



By ROD McPHEE
TV Editor
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YOU SMOOTHY . . . host Joel

JOEL LETS RIP ABOUT WAXING

JOEL DOMMETT returns to our screens this weekend and wastes no time re-engaging – with a cheeky tale about the pleasure and pain of waxing himself.

The comedian and presenter has been away for a while following the birth of his first child.

But he is back with ITV1 game show In With A Shout at 6.30pm on Saturday.

Two families compete for a cash pot by shouting answers at montages of moving images.

The banter begins when contestant Kirsty reveals her brother Jamie likes to wax his bottom.

Then Joel reveals: "I've got to be honest with you Jamie, I have waxed down there once – and it is incredible."

He adds: "I haven't done it since, because it really hurt."

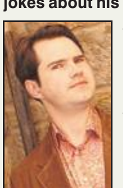
Perhaps it's a good job Joel isn't the one answering questions.

CATFISHING reality hit The Circle is back for a new series on Netflix today. Ten contestants will battle it out in the US version of the original Channel 4 show, in which competitors pretend to be someone they are not in a tactical game of friendship and popularity. The last UK series was in 2021.

JIMMY'S KILLER COMEDY

JIMMY CARR is trying something new in his Netflix comedy special by talking more openly about himself.

But the quick-fire comedian, who stars in one-man stand-up show Natural Born Killer on the streaming service, will go back to the one-liners after giving his audience longer jokes about his life.



TIPS . . . Carr

He told Virgin Radio: "There have been four Netflix specials, and I think 12 overall. This one is a bit different to the last one – a bit more talking about myself, a bit more talking about being a father, giving advice to young men.

"My love language is always going to be one-liners, and incredibly edgy one-liners."

This won't be the last time Jimmy appears on the platform, and he added: "There will be another one."

More listings: Pages 30 & 31



HATS ALL FROM ANT & DEC

BLOW OUT . . . pair with party kit

AWAY THE LADS . . . rehearsal

FINAL TAKE . . . hosts behind scenes

ANT and **DEC** were in party mood behind the scenes ahead of their final Saturday Night Takeaway at the weekend.

They shared pictures from the warm-up for the farewell after 22 years. Although the emotional live goodbyes came later, they were celebrating with party hats and confetti in the run-up to the show.

The pair were joined by guests including **ALISON HAMMOND** and **DERMOT O'LEARY**.

Amid the script-read, recording voice-overs and rehearsing their performance with **McFLY**, there was time for fun and hugs.

More than four million tuned in for the finale. Ant said: "It's been an honour and a privilege."

Dec added: "It's been beyond our wildest dreams. We have truly adored every second."

MISHAPS-HIT GINO & FRED SHOW BACK ON

Emissions possible

RETURN FARE . . . Gino and Fred

TRAVEL show Emissions Impossible is to resume filming after it came to an abrupt halt six months ago, I can reveal.

It was hosted by **GINO D'ACAMPO** and **FRED SIRIEIX** but ended with a nasty toboggan accident. And the production days in Austria lasted so long that Gino ended up with a fever.

ITV seems to have smoothed things over with the angry Italian chef and they are going back to the Alps next month. A TV insider said: "It's quite unusual for a show to be shelved quite so spectacularly, only to be brought back months later.

"Usually they end up getting written off completely. But ITV clearly felt like this was worth going the extra mile for. Emissions Impossible was all about being greener when travelling.

"Ironically, by the time they've finished filming, all the presenters, producers and crew will have flown from Britain into Europe and back again – twice."

The show went belly up in October after the accident and Gino's illness, which led to him saying: "Everything was a shambles."

The six-part series was also due to go around the Croatian islands. Plans for a second series were slapped on ice.

Thankfully there has been a thawing of relations and if the revived filming goes well, the sequel could still be on.

RUSSELL: MY NO TO STRICTLY

RUSSELL KANE could have fulfilled his lifelong dream of becoming a dancer – if he had gone on Strictly.

He told fellow comic RUSSELL HOWARD that despite being offered to go on the show twice, he had to say no over fears he'd appear flash and upset people.

Russ said on the Wonderbox podcast: "I love dancing so much. I've been moving since I was born.



LUCKY. . . Russ

"I had to be checked over by the obstetrician because I was born writhing, and I've been super-energetic from the moment I can remember.

"Had I not come from a sthole council estate with a knuckle-cracking, shaven-headed, steroid-injecting bouncer dad, I probably would've done something in dancing.**

"I don't do anything with it now because I don't want to turn into one of those Russells that's like, 'I'm also a dancer'. No, I'm a f*ing comic. I'm lucky to be one.**

"I've been offered Strictly twice and said no twice."

LENNIE JAMES will be joined by Doctor Who actress **SHARON D CLARKE** in his new BBC drama Mr Loverman. He plays Barrington Jedidiah Walker and Sharon is his wife. Also joining the cast are **ARIYON BAKARE**, who was in His Dark Materials, and Time actress **TAMARA LAWRANCE**.

EMMA ON ROAD TO THRILLER

EMMA THOMPSON will play a detective in TV thriller Down Cemetery Road.

The actress known for Nanny McPhee (no relation) appears alongside Luther's RUTH WILSON in the new drama. Ruth's character Sarah Tucker becomes obsessed with finding a child she is convinced is missing after a house in a quiet suburb in Oxford explodes.



TEC . . . Emma

She enlists the help of private eye Zoe Boehm – played by Emma – and the pair discover that people long believed dead are actually still alive.

The series, which is expected to appear on Apple TV+ later this year, follows the success of the streaming service's thriller Slow Horses, starring GARY OLDMAN and JACK LOWDEN as MI5 agents.

Wednesday

Sun tv 4-PAGE SECTION



last night

DANNY DYER: HOW TO BE A MAN
Channel 4

IF you're looking for a wise sage to really dissect an important issue, why would you look any further than the artist formerly known as EastEnders' Mick Carter.

Danny is, after all, seen as the Alpha unreconstructed male, even though the reality is a little more nuanced than that.

His preamble for this two-part documentary is a little shaky, however: "This toxic masculinity thing, I understand it's there.

"But being a man for, you know, nearly 45 years, I'm only starting to become aware of it."

Which is a bit of a surprise given we've been talking about it for about a decade now.

But he certainly shows some determination exploring it, meeting his younger brother Tony and returning to the tough estate where they grew up in East London.

Danny also reveals his nine-year-old son's liking for Andrew Tate and how disturbing he finds this, plus he meets one of Tate's disciples, Ed Matthews.

He also meets a heartbroken father whose female partner killed their son. Danny says: "This has happened before and it's happened since and it'll keep going on if we just assume at all times that it must be the man abusing the child."

But it's not always clear exactly what point is being made by our unique guide as he navigates us through the world of toxic masculinity.

Danny ends up even more confused tonight when he visits a kinky dungeon to be told by a sexpert how many

EXPLORING MASCULINITY . . . 'man's man' Danny Dyer investigates

FREEVIEW

BBC THREE freeview 23

7pm The Next Step; The Catch Up **7.50** The Fast And The Farmer-ish **8.00** Glow Up: Britain's Next Make-Up Star. The artists create campaign looks for shoe retailer Foot Locker. **9.00** Leigh-Anne: Race, Pop & Power. Exploring race in music. **10.00** Some Girls **11.00** Glow Up: Britain's Next Make-Up Star **12.00** Leigh-Anne: Race, Pop & Power **1.00-2am** Evicted

BBC FOUR freeview 9

7pm Great Australian Railway Journeys **8.00** Himalaya With Michael Palin **9.00** Siân Phillips At 90 **10.00** Shoulder To Shoulder: Remembered By Sian Phillips, Waris Hussein And Moira Armstrong. The trio look back on the 1974 drama series Shoulder To Shoulder. **10.20pm-2.10am** Shoulder To Shoulder

ITV2 freeview 6

6am CITV: Craig Of The Creek **6.15** DC Super Hero Girls **6.25** Teen Titans Go! **6.50** Looney Tunes Cartoons **7.20** Scooby-Doo! Mystery Incorporated **7.45** Be Cool, Scooby-Doo! **8.10** What's New Scooby-Doo? **8.35** Scooby-Doo And Guess Who? **9.00** World's Funniest Videos **9.30** Totally Bonkers Guinness World Records **10.00** Veronica Mars **11.00** Dawson's Creek **12.00** Secret Crush **1.00** Dress To Impress **2.00** Family Fortunes **3.00** Veronica Mars **4.00** Dawson's Creek **5.00** Dress To Impress **6.00** Celebrity Catchphrase **7.00** Family Fortunes **8.00** Superstore **9.00** Hell's Kitchen. The contestants face their third gruelling dinner service. **10.00** Family Guy **11.30** American Dad! **12.25** Superstore **1.20-2.05am** CelebAbility

ITV3 freeview 10

6am Classic Emmerdale **7.00** Classic Coronation Street **8.05** Wild At Heart **10.15** The Royal **11.20** Heartbeat **1.30** Classic Emmerdale **2.35** Classic Coronation Street **3.45** Poirot **5.55** Heartbeat **8.00** Midsomer Murders **10.00** Blue Murder **11.30** Wild At Heart **1.20-2.20am** Upstairs, Downstairs

ITV4 freeview 26

6am Football League Legends **6.10** Minder **7.05** The Professionals **8.10** Robin Of Sherwood **9.20** Magnum, PI **10.20** Kojak **11.25** Monster Carp **12.55** River Monsters **1.30** Live ITV Racing: From Newmarket. Coverage from Newmarket and Cheltenham. **4.00** The Derby Through The Years **4.20** The Professionals **5.25** River Monsters **5.55** Monster Carp **8.00** **FILM** You Only Live Twice. James Bond spy thriller starring Sean Connery. (1967) **10.25** All Elite Wrestling: Collision **12.35** The Professionals **1.40-2.30am** Minder

E4 freeview 13

6am Hollyoaks **7.00** Ramsay's Kitchen Nightmares USA **9.00** Married At First Sight Australia **10.30** Young Sheldon **11.00** Modern Family **12.00** The Big Bang Theory **2.00** Brooklyn Nine-Nine **3.00** Modern Family **4.00** Young Sheldon **5.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Married At First Sight Australia **9.00** Teen First Dates **10.05** Gogglebox **11.10** First Dates **12.15** The Big Bang Theory **1.15-2.10am** Brooklyn Nine-Nine

MORE4 freeview 18

8.55am Food Unwrapped **9.30** A Place In The Sun **10.25** A New Life In The Sun **11.25** Find It, Fix It, Flog It **12.30** Come Dine With Me **3.10** Four In A Bed **5.50** The Secret Life Of The Zoo **6.55** Car S.O.S **7.55** The Dog House **9.00** 24 Hours In Police Custody. A major investigation into an allegation of police corruption. **10.00** 999: On The Front Line **11.05** 24 Hours In A&E **12.05** 24 Hours In Police Custody **1.15-2.15am** 999: On The Front Line

SKY MIX freeview 11

7am Border Security: America's Front Line **8.00** Nothing To Declare **9.00** Motorway Patrol **10.00** UK Border Force **11.00** Highway Patrol **12.00** Motorway Patrol **1.00** Border Patrol **2.00** Border Security: America's Front Line **3.00** Nothing To Declare **4.00** Stargate Atlantis **5.00** Stargate SG-1 **6.00** Primeval **7.00** Star Trek: Voyager **8.00** The Rookie **9.00** What The Killer Did Next **10.00** An Unexpected Killer **11.00** Britain's Most Evil Killers **12.00** Grimm **1.00-2am** The Force: North East

BBC Four 9pm The actress reflects on her remarkable life in Sian Phillips At 90

DAVE freeview 19

7.10am Yianni: Supercar Customiser **8.00** Special Ops: Crime Squad UK **10.00** Railroad Australia **12.00** Storage Hunters UK **2.00** James May's Things You Need To Know **3.00** Top Gear **5.00** Hairy Bikers' Best Of British **6.00** Rick Stein's Far Eastern Odyssey **7.00** Richard Osman's House Of Games **8.20** Would I Lie To You? **9.00** 8 Out Of 10 Cats **10.00** World's Most Dangerous Roads. Actor Will Mellor and comedian Keith Lemon are in Albania. **11.00** Taskmaster **12.00** Hustle **1.20-2.25am** Mel Giedroyc: Unforgivable

DRAMA freeview 20

7.10am All Creatures Great And Small **8.00** Doctors **9.20** Classic Holby City **10.40** Classic Casualty **11.40** The Bill **12.50** Classic EastEnders **2.00** Pie In The Sky **3.00** Lovejoy **4.10** All Creatures Great And Small **5.20** Terry And June **6.00** Keeping Up Appearances **6.40** Last Of The Summer Wine **8.00** The Inspector Lynley Mysteries. A doorkeeper at the House of Lords is murdered. **10.00** New Tricks **11.20** Spooks **12.40** Lovejoy **1.50-3am** Hustle

REALLY freeview 17

6am Fantasy Homes By The Sea **7.00** Teleshopping **8.00** Salvage Hunters **10.00** The Yorkshire Auction House **11.00** Antiques Road Trip **12.00** Money For Nothing **1.00** A Place In The Sun **2.00** My 600lb Life **4.00** Animal Cops Houston **6.00** The Yorkshire Auction House **7.00** Antiques Road Trip. Double bill. **9.00** The Bad Foot Clinic **10.00** Dr Pimple Popper **11.00** Ghost Adventures **12.00** Destination Fear **1.00-2am** Ghost Adventures

YESTERDAY freeview 27

6.10am The Architecture The Railways Built **8.00** Abandoned Engineering **10.00** World War Two From Above **11.00** Secret Nazi Bases **12.00** Great British Railway Journeys **1.00** Antiques Roadshow **2.00** Bangers & Cash **4.00** WW2: Battles For Europe **5.00** Secret Nazi Bases **6.00** Antiques Roadshow **7.00** Secrets Of The London Underground **8.00** Great Canal Journeys **9.00** Bangers & Cash **11.00** Abandoned Engineering **12.00** Great British Railway Journeys **1.00-2am** The Architecture The Railways Built

W freeview 25

6.10am Nigel Slater's Simple Suppers **7.00** MasterChef South Africa **8.00** Tipping Point **11.00** MasterChef USA: United Tastes Of America **1.00** Tipping Point **4.00** My Dream Home **6.00** MasterChef Australia **7.20** Nigellissima **8.00** First Responders **9.00** 999 Rescue Squad **10.00** Red Flag **11.00** Louis Theroux: Miami Mega Jail **12.00** Lives On Fire **1.00-2.25am** Changing Rooms Australia

QUEST freeview 12

6am How Do They Do It? **6.30** Shed And Buried **7.00** The Repair Shop **8.00** American Pickers **10.00** Chasing Classic Cars **11.00** Fifth Gear Recharged **12.00** How Do They Do It? **1.00** Money For Nothing **2.00** The Repair Shop **3.00** Find It, Fix It, Flog It **4.00** Salvage Hunters **5.00** The Yorkshire Auction House **6.00** Wheeler Dealers **7.00** Find It, Fix It, Flog It **8.00** Salvage Hunters: The Restorers **10.00** The Repair Shop Australia **11.00** How Do They Do It? **12.00** Wheeler Dealers **1.00-2am** Incredible Engineering Blunders: Fixed

SPORT



TNT Sports 2 7pm Harry Kane and Bayern Munich take on Arsenal

SKY SPORTS MAIN EVENT

6am Sky Sports News **7.00** Good Morning Sports Fans **10.00** MNF **12.00** Lunchtime **2.00** Sports Desk **3.00** LIVE Indian Premier League. Gujarat Titans v Delhi Capitals. Coverage of the T20 match at Narendra Modi Stadium in Ahmedabad. **7.00** LIVE WSL. Chelsea v Aston Villa. Kick-off at 7.00. Coverage of the Women's Super League match from Kingsmeadow. **9.00** LIVE SPFL. Dundee v Rangers. Kick-off at 8.00. Coverage of the Scottish top-flight match from Scot Foam Stadium. **10.30** Back Pages Tonight **11.00** Sky Sports News **11.30** Back Pages Tonight **12.00-6am** Sky Sports News

SKY SPORTS PREMIER LEAGUE

6am PL Greatest Games **7.00** PL Highlights **8.30** MNF Hits **9.00** PL Highlights **10.00** The Football Show **12.00** Gary Neville's Soccerbox **1.00** PL Highlights **1.30** SNF **2.00** PL Highlights **5.00** PL 100 Club **6.00** Premier League Stories. A look behind the scenes. **6.30** LIVE WSL. Chelsea v Aston Villa. Kick-off at 7.00. Coverage of the Women's Super League match from Kingsmeadow. **9.30** Premier League Stories **10.00** Premier League Icons **10.30** PL Retro **12.30** Premier League Icons **1.00-3am** PL Years

SKY SPORTS FOOTBALL

6am EFL Cup Highlights **8.45** EFL Greatest Games **10.00** Championship Retro **12.00** EFL **2.00** EFL Highlights **2.15** Bundesliga Highlights Show **3.15** EFL Highlights **4.00** WSL **4.30** Scottish Premiership Round-Up **4.45** SPFL Highlights **5.00** EFL Highlights **5.15** Henrik Larsson: 20 Years On **6.15** EFL Goals: Leagues 1 & 2 **6.30** Bundesliga Highlights Show **7.30** LIVE SPFL. Dundee v Rangers. Kick-off at 8.00. Coverage of the Scottish top-flight match from Scot Foam Stadium. **10.30** EFL Goals: Leagues 1 & 2 **10.45** Scottish Premiership Round-Up **11.00** EFL Greatest Games **12.00** WSL **12.30** EFL Greatest Games **1.00-2am** EFL Cup Highlights

SKY SPORTS ACTION

6am NFL Highlights **8.00** Fight Night **10.00** NFL Highlights **12.00** Fight Night **2.00** NFL Pro Day: Jayden Daniels **3.00** Super Bowl LVIII Highlights **4.00** NFL Highlights **5.00** NFL Pro Day: Caleb Williams **6.00** NBC's Pro-Football Talk. With Mike Florio and Chris Simms. **8.00** Super Bowl LVIII Highlights. San Francisco 49ers v Kansas City Chiefs. **9.00** NFL Pro Day: Drake Maye **10.00** NFL Highlights **12.00** Total Access **1.00-2am** NFL Highlights

SKY SPORTS ARENA

6am Betfred Super League Highlights **7.00** World Club Challenge **8.00** Fight Night International **10.00** Premier League Darts **2.00** Unbeatable **2.30** Fight Night International **4.30** Top Rank Boxing Archive **6.00** World Club Challenge **7.00** Fight Night International **9.00** Rugby League Retro **11.00** World Club Challenge **12.00-2am** Rugby League Retro

SKY SPORTS CRICKET

6am IPL **10.10** Best Of England V India **10.30** Best Of ICC WT20 **11.00** Secrets Of Success: Toto Wolff **12.00** IPL **2.50** LIVE Indian Premier League. Gujarat Titans v Delhi Capitals. Coverage of the T20 match at Narendra Modi Stadium in Ahmedabad. **7.00** The Fletcher Years **7.25** Pushing Boundaries **7.50** My Icon: Michael Holding **8pm-4.10am** IPL

SKY SPORTS GOLF

6am LPGA Tour Golf **7.00** PGA Tour Golf **10.00** Europe! Europe! **12.00** The Masters **1.00** The Players Championship Official Film **2.00** PGA Champs Official Film 2013 **3.00** US Open Official Films **4.00** The Open: Official Films **5.00** LPGA Tour Golf **6.00** The Masters **7.00** PGA Tour: The Cut **7.30** The Golf Vodcast: Masters Review **8.30** PGA Tour: The Cut **9.00** Ladies European Tour Golf **10.00** The Golf Vodcast: Masters Review **11.00** PGA Tour: The Cut **11.30** Ryder Cup: Official Films **1.00** PGA Tour: The Cut **1.30-2.30am** LPGA Tour Golf

ENTERTAINMENT



Sky Showcase 6.30pm Fran Kirby and Chelsea welcome Aston Villa in the WSL

SKY SHOWCASE

6am Sky News Breakfast **7.00** Kay Burley **8.00** Stop, Search, Seize **9.00** Nothing To Declare **10.00** Empire Builders **11.00** Chasing The Rains **12.00** Supergirl **1.00** MacGyver **3.00** Hawaii Five-0 **4.00** S.W.A.T **5.00** The Simpsons **6.00** The US Office **6.30** Live WSL. Chelsea v Aston Villa. Kick-off at 7.00. Coverage of the Women's Super League match from Kingsmeadow. **9.30** Ted. Comedy spin-off from the film, with the voice of Seth MacFarlane. **10.00** Resident Alien. Return of the sci-fi comedy drama, starring Alan Tudyk. **11.00** The Jinx: The Life And Deaths Of Robert Durst. Kathie Durst's family and friends search for the truth. **1.00-2am** Brassic

SKY ATLANTIC

6am Richard E Grant's Hotel Secrets **7.55** My Brilliant Friend **10.05** Boardwalk Empire **12.15** Game Of Thrones **1.20** Ray Donovan **3.20** My Brilliant Friend **5.40** Boardwalk Empire **6.45** Billions. Drama starring Paul Giamatti and Damian Lewis. **7.55** Game Of Thrones. Arya is brought before the commander of the Brotherhood Without Banners. **9.00** The Regime. Elena negotiates a deal with Senator Holt. **10.05** Mary & George. George and Charles embark on a historic trip to Spain. Last in the series. **11.10** Helgoland 513. Marek and Silbermann grow concerned about Beatrice's actions. **12.10** The White Lotus **1.15-2.20am** Perry Mason

SKY WITNESS

6am Sun, Sea And A&E **7.00** Border Patrol **9.00** The Force: Manchester **10.00** Brit Cops: Rapid Response **11.00** The Rookie **12.00** Blue Bloods **1.00** FBI **2.00** The Equalizer **3.00** UK Border Force. The UK Border Agency carries out a mass deportation. **4.00** Nothing To Declare. The work of customs officers in Australia. **8.00** Blue Bloods. Frank and Joe contend with an insult to the memory of Joe's father. **9.00** Fire Country. The crew try to control a dangerous forest fire. **10.00** The Good Doctor. Shaun struggles to accommodate the newest member of the surgical team. **11.00** The Equalizer. A Venezuelan migrant is accused of murder. **12.00** FBI **1.00-2am** FBI: International

GOLD

7.25am Desmond's **8.20** Keeping Up Appearances **9.00** Dinnerladies **9.40** Are You Being Served? **10.20** Porridge **11.00** Last Of The Summer Wine **12.20** Keeping Up Appearances **1.00** Dinnerladies **1.40** Porridge **2.20** Dad's Army **3.00** Are You Being Served? **3.40** Dinnerladies **4.20** Last Of The Summer Wine **5.40** Porridge **6.20** Keeping Up Appearances **7.00** Dinnerladies. Jean gets angry with the customers. **7.40** Dad's Army **9.00** Bottom **10.20** The Young Ones. The boys resort to bank robbery. **11.10** Bottom **12.25** The Young Ones **1.20-2am** This Time With Alan Partridge

COMEDY CENTRAL

8am Michael McIntyre's Big Surprises **9.00** Impractical Jokers **10.00** Friends **11.00** Last Man Standing **1.00** Friends **9.00** Michael McIntyre's Big Surprises. The host looks back over the last four series of his Big Show. **10.00** Lee Evans: Big: Live At The O2. The comedian performs in London. **11.00** Jessica Fostekew: Silence Of The Nans. Tales of a misguided gig on a cruise liner. **12.25** Rhod Gilbert's Growing Pains **1.25-2.45am** Ahir Shah: Dots

ALIBI

7.10am Murdoch Mysteries **9.00** Rizzoli & Isles **10.00** So Help Me Todd **11.00** Hudson & Rex **12.00** Maisie Raine **1.00** Death In Paradise **2.00** Murdoch Mysteries **4.00** Rizzoli & Isles **5.00** So Help Me Todd **6.00** Hudson & Rex **7.00** Elementary. Sherlock tries to track down a serial child-killer. **8.00** Death In Paradise. A body is found on a boat out at sea. **9.00** Annika. A young woman is murdered on the Glasgow docks. **10.05** Hightown. Jackie goes on a bender, threatening everything she's got going for her. **11.20** Elementary. Sherlock tries to track down a serial child-killer. **12.20** Justified **1.20-2.25am** Unforgettable

SKY COMEDY

8am Sort Of **9.00** American Auto **10.00** In The Long Run **10.30** Girls **11.40** Entourage **12.50** Togetherness **2.10** Girls **3.20** Entourage **4.30** In The Long Run **5.00** American Auto **6.00** The US Office **7.00** Sort Of **8.00** Will & Grace **9.00** Insecure. Double bill. Issa continues to work around the clock. Then, feeling deflated, Issa seeks comfort. **10.15** Ramy Youssef: More Feelings. Stand-up starring Ramy Youssef. **11.30** The US Office **12.30** Girls **1.40-2.15am** Betty

DISCOVERY

6am How It's Made **7.00** Gold Divers **8.00** Building Off The Grid **9.00** Baggage Battles **10.00** Junkyard Empire **11.00** Wheeler Dealers **1.00** Building Off The Grid **3.00** Blowing Up History **4.00** Alaska: Homestead Rescue **6.00** Junkyard Empire **7.00** Wheeler Dealers. Restoring a Ford Fiesta Mark 1. **8.00** Blowing Up History. Experts use drones to explore the tunnels hidden below an Egyptian pyramid. **9.00** Mud Madness. Racers gear up for the circuit's wildest event. **10.00** Caught! **11.00** Combat Dealers **12.00** Gold Divers **1.00-2am** Mud Madness

RADIO



Radio 2 10pm Trevor Nelson returns with seven of Rhythm Nation's biggest hits

VIRGIN RADIO DAB virginradio.co.uk

6.30am The Chris Evans Breakfast Show **10.00** Ryan Tubridy **1.00** Steve Denyer **4.00** Dick & Dom **7.00** Bam **10.00** Amy Voce **1.00** Sean Goldsmith **4.00-6.30am** James Merritt

TALKRADIO DAB talkradio.co.uk

6am Talk Today With Jeremy Kyle And Nicola Thorp **9.30** Kev And Alex **10.00** Julia Hartley Brewer **1.00** Kevin O'Sullivan And Alex Phillips **3.00** Ian Collins **4.00** Vanessa Feltz **6.00** The Talk **7.00** Prime Time With James Max **8.00** The Independent Republic Of Mike Graham **10.00** Petrie Hosken **1.00** Paul Ross **5.00-6am** James Max



TV GUIDE

women still like being subordinated for thrills.

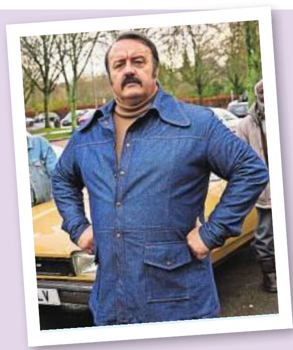
Danny says: "Since the MeToo thing has come in, it is confusing to some men about what they're allowed to say and what they're allowed to do.

"Ya know the old days of having a bit of filthy dialogue with someone, most men are probably petrified of doing that now."

And what can we draw from this insightful observation? Nothing particularly useful.

Hiring the former EastEnders hardman for this documentary might be entertaining, but as a serious exploration of masculinity it's rather flaccid.

ROD McPHEE



COMEDY 'TACHE . . . Mammoth

MAMMOTH, BBC Two, 10pm: We've all seen films where a character from a particular place or time is suddenly somewhere alien to them. Playing on that theme, Welsh funnyman Mike Bubbins plays PE teacher Mammoth.

The comedy starts in the Seventies as disaster strikes on a school skiing trip and he's killed by an avalanche – or so everyone thought. In 2024, he's discovered on the mountain – moustache still intact – and once his body has defrosted he heads back to teach at his old school in Cardiff.

But he quickly discovers things are very different.

RACE ACROSS THE WORLD, BBC One, 9pm: After racing



picks

1,000 miles, the teams can unwind at a traditional Japanese tea ceremony. And with only five hours separating the teams at their first checkpoint, it is still anybody's game.

But some of the players are baffled that the race leaders, mother and daughter Eugenie and Isabel, haven't done any work yet. Which is why they've already blown a third of their budget.

The second checkpoint is the South Korean seaside city of Sokcho, only an hour's drive from North Korea. How will the five pairs fare?

ANDI OLIVER'S FANTASTIC FEASTS, BBC Two, 8pm: Andi proves why she's the hostess with the mostest, as she heads to Stoke to meet artists Anna and Rebecca, who run a community project in a deprived neighbourhood.

After hearing about their incredible achievements, Andi decides that an arts festival with some magnificent food is the perfect way to celebrate.

She explores the local culinary scene to source produce for her feast.

STACEY SOLOMON'S RENOVATION RESCUE, C4 9pm: Stacey has a big project on her hands as she heads to Devon to help Jo and Darryl, whose dream seaside home has become a living nightmare.

Three years ago, building inspectors condemned £127,000 worth of work and they had to start over. The couple have £30,000 left to transform their property into a beautiful upside-down living space but paying someone to do the work will cost an extra £10,000 they don't have.

Will Stacey have helpful hacks to make their dream a reality?

CHLOE ANDREWS

TNT SPORTS 1

6.30am PL Netbusters **7.00** WWE Raw **9.30** The Football's On **10.30** Goals Reload **10.45** MotoGP Rewind **11.00** PSA Squash **12.00** Premier League Stories **12.30** Premier League Review **1.30** T100 Triathlon World Tour **2.30** UEFA Europa League & Conference League Magazine **3.30** Premier League **5.00** Serie A – Full Impact **5.30** The Football's On **6.30** What I Wore **6.45** Around the Block **7.00** LIVE UEFA Champions League. Manchester City v Real Madrid. Kick-off at 8.00. **10.30** UEFA Champions League **11.30** Premier League Reload **11.45** TNT Sports Goals Reload **12.00** LIVE NBA. Philadelphia 76ers v Miami Heat. Tip-off at 12.00. **2.30-5am** LIVE NBA. Chicago Bulls v Atlanta Hawks. Tip-off at 2.30.

TNT SPORTS 2

6am MotoGP **7.00** MotoGP Chequered Flag **8.00** Fishing: On the Bank **9.00** Badminton Weekly **9.15** Sign Up – Into Football **10.00** Serie A **3.00** Vanarama National League **4.30** UEFA Champions League **6.30** What I Wore **7.00** LIVE UEFA Champions League. Bayern Munich v Arsenal. Kick-off at 8.00. **10.30** The Football's On **11.30** Fight Week **12.00** Premier League Stories **12.30** Serie A – Full Impact **1.00-3am** UEFA Champions League

TNT SPORTS 3

6am UEFA Champions League **8.00** UEFA Europa League & Conference League Magazine **9.00** Ligue 1 **12.00** UEFA Champions League **2.00** MotoGP **3.00** MotoGP Chequered Flag **4.00** Isuzu UTE A-League **5.00** WWE SmackDown Highlights **6.00** WWE Raw Highlights **7.00** Indian Baseball Dreams **8.00** LIVE MLB. Toronto Blue Jays v New York Yankees. **11.15** Indian Baseball Dreams **12.15** MotoGP Rewind **12.30** Serie A – Full Impact **1.00-2am** Premier League Review

PREMIER SPORTS 1

6am United Rugby Championship **8.00** NASCAR Highlights **9.00** Asian Golf Tour Highlights **10.00** EPCR Challenge Cup **12.00** Sporting Countdowns **1.00** Asian Golf Tour Highlights **2.00** LaLiga News **2.30** LaLiga **4.30** LaLiga World **5.00** URC In 60 **6.00** Viva LaLiga **7.30** LaLiga Specials **8.00** El Clasico The Movie **9.00** NASCAR **10.00** LaLiga World **10.30** LaLiga Specials **11.00** URC In 60 **12.00-3am** LIVE NHL Ice Hockey. Tampa Bay Lightning v Toronto Maple Leafs.

TALKSPORT 1053, 1089MW talksport.com

6am TalkSPORT Breakfast **10.00** Jim White And Simon Jordan **1.00** Hawksbee And Jacobs **4.00** TalkSPORT Drive With Andy Goldstein And Darren Bent **7.00** Kick Off **10.00** Sports Bar **1.00** Extra Time **5.00-6am** Early Breakfast

TALKSPORT2 DAB talksport.com

6am Sportsday **9.00** TalkSPORT Exclusives **1.00** The TalkSPORT 2 Social **5.00** TalkSPORT Exclusives **5.00-6am** Early Breakfast

TIMES RADIO DAB thetimes.co.uk/radio

6am Aasmah Mir And Stig Abell **10.00** Matt Chorley **1.00** Ed Vaizey **3.00** Jane Garvey And Fi Glover **5.00** John Pienaar **7.00** Pienaar And Friends **8.00** Kait Borsay **10.00** Carole Walker **1.00** The Story **1.30-2am** Matt Chorley

RADIO 1 97.6-99.8FM bbc.co.uk/radio1

7am Greg James **10.30** Rickie, Melvin And Charlie **12.45** Newsbeat **1.00** Vicky And Nat **3.30** Vick, Katie And Jamie **5.45** Newsbeat **6.00** Jack Saunders **8.00** Mollie King **10.00** Sian Eleri **11.00** Benji B **1.00** Dance Anthems **2.00** The Radio 1 Interview **2.15** Playlists **2.30-3am** 6 Degrees From Jamie And Spencer

RADIO 2 88-91FM bbc.co.uk/radio2

6.30am Zoe Ball **9.30** Vernon Kay **12.00** Jeremy Vine **2.00** Scott Mills **4.00** Sara Cox **7.00** Jo Whiley **9.00** The Folk Show **10.00** Trevor Nelson **12.00** OJ Borg **3.00-4am** Dance Sounds Of The 90s With Vernon Kay (R)

MOVIES



Film4 9pm Matthew Broderick stars in Oscar-winning drama Glory

SKY CINEMA PREMIERE

9.40am Spoiler Alert (15, 2022) ★★★ **11.40 Oppenheimer** (12, 2023) ★★★★★ **2.40 Barbie** (12, 2023) ★★★★ **4.40 PAW Patrol: The Mighty Movie** (U, 2023) ★★★ **6.15 Teenage Mutant Ninja Turtles: Mutant Mayhem** (PG, 2023) ★★★★ **8.00 Oppenheimer** (12, 2023) ★★★★★ **11.00 Sumotherhood** (15, 2023) ★★ **12.45-2.45am Spoiler Alert** (15, 2022) ★★★

SKY CINEMA MARTIAL ARTS

9.10am Jackie Chan's Police Story (15, 1985) ★★★★ **10.55 Jackie Chan's Police Story 2** (15, 1988) ★★ **1.00 Police Story 3: Supercop** (15, 1992) ★★★ **2.40 Royal Warriors** (18, 1986) ★★★ **4.20 The Karate Kid Part II** (PG, 1986) ★★★★ **6.15 Game Of Death** (18, 1978) ★★★ **8.00 Game Of Death II** (18, 1980) ★★★ **9.40 The Cinema List: Jackie Chan 10.00 Oldboy** (18, 2003) ★★★★ **12.05-1.50am Oldboy** (18, 2013) ★★★

SKY CINEMA ACTION

8.50am Agent Game (15, 2022) ★★★ **10.25 The Fast And The Furious: Tokyo Drift** (12, 2006) ★★★★ **12.15 Man Of Steel** (12, 2013) ★★★ **2.40 One More Shot** (15, 2023) ★★★ **4.30 xXx: The Return Of Xander Cage** (12, 2017) ★★★ **6.25 Agent Game** (15, 2022) ★★★ **8.00 Charlie's Angels** (15, 2000) ★★★ **9.50 Charlie's Angels: Full Throttle** (12, 2003) ★★ **11.50 One More Shot** (15, 2023) ★★★ **1.50-3.40am The Young Master** (15, 1980) ★★★★

FILM4 freeview 14

11am The Bedford Incident (PG, 1965) ★★★★ **1.05 Journey To The Center Of The Earth** (U, 1959) ★★★★ **3.45 The Mask Of Zorro** (PG, 1998) ★★★★ **6.25 The Legend Of Zorro** (PG, 2005) ★★★ **9.00 Glory** (15, 1989) ★★★★ **11.25 Widows** (15, 2018) ★★★★ **2.05-4am Spree** (15, 2020) ★★★

TALKING PICTURES freeview 82

2.35pm It Happened Today 3.05 Frontier Gun (U, 1958) ★★★ **4.40 Johnny Ringo 5.15 In Search Of Gold 5.30 Bonanza 6.30 Dick Powell's Zane Grey Theatre 7.00 Dixon Of Dock Green** ★★★ **8.00 Public Eye 9.05 Gideon's Way 10.05 Murphy's Law** (18, 1986) ★★ **12.10-2.05am Perfect Friday** (15, 1970) ★★★

GREAT! MOVIES freeview 34

12.50pm Family Of Lies (12, 2017) ★★ **2.40 A Deadly Affair** (PG, 2017) ★★★ **4.30 Deadly Patient** (12, 2018) ★★★ **6.20 Bicentennial Man** (PG, 1999) ★★ **9.00 Night Hunter** (15, 2018) ★★★ **11.10pm-2am Eye For An Eye** (15, 2019) ★★★

GREAT! ACTION freeview 42

1pm Gunfighters (PG, 1947) ★★★ **2.55 The Texas Rangers** (PG, 1951) ★★★ **4.35 Wild West Chronicles 5.05 Hijack** (15, 1999) ★★★ **7.10 Arctic Apocalypse** (PG, 2018) ★★ **9.00 A Dangerous Man** (18, 2010) ★★ **11pm-1.10am Sniper** (15, 1993) ★★★



dear deidre

Edited by **SALLY LAND** **No matter what the issue, I answer every single problem** Team: JANE ALLTON, HILARY FREEMAN, KALLY LEWIS, CATHERINE THOMAS, CHLOE STRATTON

CREEPY WORK GUY SENT ME VIDEO OF HIM HAVING SEX

Dear Deidre

A COLLEAGUE texted me an explicit video of himself with his partner. I've been at my new job for two weeks and I don't know what to do.

I'm a receptionist for a car showroom. I'm a 19-year-old female and this is my first proper job.

My boss is lovely and the team seemed great but one of the guys has been constantly flirty since I joined. He's 24 and he's asked me out four times already. I keep turning him down.

I got a text on my phone yesterday and was horrified when I opened the link he sent. It went through to a video of him having sex.

He walked past later and smirked at me. I don't know how to complain about him but he makes me feel uncomfortable.

DEIDRE SAYS: This man is breaking the law by sending this sexual video which you have not given your consent to receiving, and presumably, his partner hasn't given her consent to him to share.

The first offence is cyberflashing, the second, revenge porn. This constitutes gross misconduct and sexual harassment.

You have a right to feel safe in your workplace so I'd advise you to talk to your HR department, or boss, who will want to stop this happening again.

If you need further help and support, contact Acas (acas.org.uk, 0300 123 1100), which provides free advice on any workplace issues.

I shun dates to be in throuple

Dear Deidre

HOW do I tell my friends and family I'm perfectly happy in a relationship with two other people – a throuple?

I'm a woman of 25 and I work for an outdoor activity centre. I do their marketing and it's my first job since I left university.

When my contract on my accommodation ended, one of the instructors said that they had a spare room in their house.

He's lovely and I knew he was in a committed relationship with his girlfriend. He's 29 and she's 28.

I moved into their lovely home and was given a large room with a bay window at the front.

I'd been there for two weeks when we had a leak in my bedroom from a water tank. It went all over my bed, table and wardrobe.

My housemates helped me call a plumber and, after I'd stripped my bed and straightened up my bedroom, we decided to go down the pub to help me drown my sorrows.

When we got back, the three of us were a little drunk. They said I could sleep in their bedroom so I started to settle on the floor.

Then my colleague and his girlfriend started getting it on and they pulled me in. It genuinely felt really comfortable. We ended up sharing the bed as a threesome. The next night it was the same – and I've mostly shared their bed since then.

Sex with them is great. I am happy with the situation so I've turned down a couple of dates with men, which my mates find crazy.

How can I tell them I have a relationship with my housemates?

DEIDRE SAYS: It is nobody else's business but yours. You're not hurting anyone, your private life is exactly that.

Polyamory is on the rise. Just ensure that all three of you have discussed clear boundaries to reduce the chances of anyone getting hurt.

The fact you have written to me does suggest you are not entirely comfortable withholding your relationship status from friends and family. If your throuple becomes more established, hiding this part of your life will weigh heavily on you.

And if it reaches a point where it affects other important relationships with loved ones, you will need to find the courage to be open with those who matter to you, or consider ending this arrangement.

Talking these considerations through with an outsider may be useful. My support pack, How Counselling Can Help, explains more.

HERE TO HELP YOU



IF YOU are worried about anything please get in touch with my team of counsellors and we will do our best to help you. Every email receives a personal response within one working day.

deardeidre@the-sun.co.uk

DRIVEN AWAY BY MY WIFE'S NAGGING

Dear Deidre

I KEEP leaving home because of my wife's nagging and name-calling but I don't want her to struggle with the kids. She's stressed enough as it is.

The children are six, four and two and they are a handful. We are both 37 and since the children have come along, we've done nothing but argue.

My wife had to give up work when our little one came along as her retail wage and the cost of childcare wasn't financially viable.

Lack of money causes us to argue. The house is falling apart and my wife calls me "useless" or a "lazy pig" because I can't fix things up. I work in an office so I'm not used to doing DIY.

She's now started belittling me and name-calling. I've walked out and have stayed with my brother three times so far.

I want our marriage to work and I want us to work together to bring up our family.

DEIDRE SAYS: This atmosphere of tension, shouting and you walking in and out of the family home overnight or longer is very damaging for the children.

Find a moment to talk to your wife when things are calm. Tell her that the name-calling has to stop and insist that you find some couple's counselling to see whether you can improve your relationship.

My support pack When Parents Fall Out and one called Solving Debt Problems explains more and will show you where to find help.

stories deidre's photo casebook

FREDDIE'S FRIENDSHIP FEARS: DAY 3





Clothes by Boohoo and BoohooMAN

CONTINUES TOMORROW

SELFISH SPOUSE IS GASLIGHTING

Dear Deidre

A COUNSELLOR has made me see my relationship for what it truly is. Now I know, I can't see past it.

I'm a man of 41 and I've been married for 13 years. My wife is 40, self-obsessed and controlling. She never takes my feelings on board. If I am worried, she tells me that her problems are bigger.

She's hardly ever affectionate and we only have sex when she says we can. She's always telling people that I've said a certain thing or behaved a certain way that isn't true, and the more she makes up stories about me, the more I start to believe it.

My mother died suddenly and my wife didn't seem concerned. While I was online, sobbing and arranging her funeral, my wife was worried about having to cancel a weekend away with girlfriends. She didn't care how I was feeling.

I went to see a bereavement counsellor who recommended I see a regular counsellor. After five sessions, she told me my wife had a narcissistic personality and she was gaslighting me.

I didn't know what it meant until I looked it up then the penny dropped.

I now know our relationship is abusive but I haven't told my wife that. I need to leave but our kids are ten and eight. How can I?

DEIDRE SAYS: If this is what you want then you can still be a good father, even if you are separated. It would be less damaging for the children to live without tension in the house.

You can find advice through Families Need Fathers (fnf.org.uk, 0300 0300 363) who will show you how to manage co-parenting.

If you still love your wife though, a good couples' counsellor would help her to hold a mirror up to herself so she can start to appreciate how damaging her behaviour is.

If this marriage is to survive, she'll need to change but only she can do that.

hot topic

IT might be smelly, life-shortening and an expensive habit, but smoking is difficult to quit because the nicotine, contained in tobacco, is so addictive.

According to recent estimates, there are about 6.4million people who puff cigarettes in the UK.

Still, it is possible to kick the habit, and if you want further help, my support pack Giving Up Smoking has more information.

GET IN TOUCH

If you are worried about something, my team is here to help. Please contact and follow us. **Online:** thesun.co.uk/deidre **Instagram:** @dear.deidre **Facebook:** @DearDeidreOfficial **X:** @DearDeidre **Post:** Dear Deidre, The Sun, 1 London Bridge Street, London, SE1 9GF

Fab DAILY

HOMES & FAMILIES

FRUIT and veg are good for us, providing vitamins and cancer-fighting antioxidants.

But analysis has found that 95 per cent of strawberries carry traces of PFAS – toxic chemicals thought to stay in our bodies forever.

Grapes, cherries, spinach, tomatoes and peaches have also been found to contain the toxins, linked to liver damage and developmental delays in babies. It's not just our fruit and veg that can be a worry, though.

At home, everything from the vacuum cleaner to the paint on our bedroom walls can present a problem.

CLAIRE DUNWELL looks at some hidden nasties that could be harming your health – and lists the things you can do to stay safe.

HAND WASH

PHTHALATES are a group of man-made, colourless, odourless, oily chemicals found in hundreds of products, including hand wash.

Studies link them to a range of health problems, including low sperm count and erectile dysfunction.

Inhaling high levels of phthalates has also been shown to damage the liver, kidneys, lungs and reproductive systems in animal studies, according to scientists in the US and Canada.

FIX IT: Choose natural hand washes that are phthalate-free, such as Ecover citrus & orange blossom wash or Faith In Nature aloe vera & tea tree hand wash.

BURNT TOAST

BURNT toast could expose us to more toxic air than standing near a busy road, according to a study by the University of Texas at Austin.

The scientists discovered that toasters used in the experiment sent dangerous particles into the air the moment they were switched on.

Crumbs at the bottom of the toaster heat up and give off ultra-fine particles.

When inhaled, these particles can be damaging to lungs.

FIX IT: Toast only until bread is golden and regularly clear toasters of crumbs.

BEDDING

THE linen on your bed, especially pillows, can quickly accumulate sweat, saliva, skin flakes and other bodily excretions, as well as bacteria, mould spores and dust mites.

All these substances can cause allergy-like symptoms, including headaches and sore throats. Your mattress could be riddled with toxic materials that do not biodegrade.

FIX IT: Invest in a good-quality mattress and wash your pillows monthly.

FRY-UP

DROPLETS released when cooking a fry-up could be bad for your health, researchers claim.

When food that contains water, such as bacon, comes into contact with cooking oil, tiny gas particles are released through small explosions, scientists at Texas Tech and Utah State universities discovered.

Some molecules are so small they can be inhaled, which is hazardous to health.

FIX IT: Fry foods in a well-ventilated kitchen and use steam cooking or grilling instead.

SCENTED CANDLE

THEY may smell lovely, but scented candles could be bad for your lung health, say boffins at South Carolina State University.

Some candles, especially the paraffin type, can release toxins and carcinogens.

These can have an impact on those with asthma and other respiratory diseases.

A study by The European Candle Association examined more than 300 toxic chemicals released by candles and found levels that can be harmful to pets.

FIX IT: For peace of mind, burn natural candles made from beeswax and soy.

ROAST DINNER

COOKING a traditional roast dinner with all the trimmings gives off pollutant levels 13 times higher than those in central London, according to scientists.

Researchers at the University of Colorado found that roasting meat and vegetables, and using a gas hob, released a surge in fine particles that pollute the air.

Similar tiny particles are produced by diesel cars and have been linked to heart disease, stroke and lung cancer.

FIX IT: Always prepare meals in a well-ventilated kitchen and use an extractor hood during cooking.

HUMIDIFIER

USING tap water in a humidifier can do more harm than good, according to research by the University of Alberta.

The team suggested using bottled water instead.

The study found that while tap water evaporated quickly once released into the air, the minerals and salts were left behind.

These particles are so small, they can get into the airways and then deep into the respiratory tract.

FIX IT: According to the study, the bottom line is to use clean water in a humidifier, which is best found by opting for bottled.

NAIL POLISH

CHEMICALS in nail polish could pose major risks to our health, including fertility issues and cancer, researchers at Stanford University found.

A "toxic trio" – toluene, formaldehyde and dibutyl phthalate – are to blame.

Toluene, a solvent that creates a smooth finish, can affect the nervous system and cause reproductive harm.

Dibutyl phthalate has also been linked to reproductive problems.

FIX IT: Use polishes that are free from the three dangerous chemicals, such as Sally Hansen Good.Kind.Pure, which is available at Boots.

VACUUM CLEANER

HERE'S one for the houseproud among you – vacuuming your home could make you sick, say tech researchers.

A study undertaken in Australia, at Queensland University of Technology in Brisbane, found that certain vacuum cleaners spit fine dust and bacteria back into the air.

Too much exposure to these particles can lead to infections and allergies.

FIX IT: Invest in a vacuum cleaner that has a High Efficiency Particulate Absorbing filter.

These filters are designed to remove more particles than they release.



IS YOUR HOOVER POISONING YOU?

AIR FRESHENER

A QUARTER of what goes into air fresheners is classified as toxic or hazardous, according to Australian scientists.

They emit more than 100 different chemicals including volatile organic compounds, formaldehydes and phthalates, according to a 2015 study by the University of Melbourne.

A report by the American College of Allergy, Asthma and Immunology linked VOCs in air fresheners with a 34 per cent increase in health problems in those with asthma.

FIX IT: Stick to natural air fresheners – cut fresh citrus fruits or brew mint tea. Open your windows for fresh air.

PAINT

STORING tins of paint at home can damage your health, say experts.

Benzene – a carcinogen and a type of chemical known as a volatile organic compound – can be found in some paints, particularly oil-based ones.

The United States Environmental Protection Agency says stored paint is one of the main sources of the chemicals in homes. Breathing in high levels can cause headaches, a runny nose and itchy eyes. The American Lung Association says some may cause nervous system and organ damage.

FIX IT: Discard paint supplies that will not be used immediately.

Turn the page for more...

Fab DAILY

Edited by **LYNSEY CLARKE** and **JOEL COOPER**

HOMES & FAMILIES

THE FAB DAILY TEAM: Digital Commissioning Editor Claire Dunwell, Contributing Editor Nikki Watkins, Senior Feature Writers Kirsten Jones and Alex Lloyd, Feature Writer Yasmin Harisha, Fashion Editor Clemmie Fieldsend, Deputy Fashion Editor Abby McHale

TOXINS IN YOUR HOUSE

MICROWAVE

MICROWAVES emit a mind-boggling amount of carbon dioxide in their lifespan, say scientists at the University of Manchester.

Findings show they emit 7.7million tonnes of carbon dioxide across Europe a year.

While cooking in a microwave doesn't cause any pollution, the problem lies in the way they are manufactured and how they are disposed of.

FIX IT: Don't bin your old microwave – take it to a local recycling centre instead.



SHOWER HEAD

EXPERTS at the University of Colorado found that potentially harmful organisms, called mycobacteria, could be lurking in your shower head – and metal ones are the worst culprit.

Inhalation of this kind of bacteria can trigger a chronic or recurring cough as well as weight loss, fever and a lack of energy.

FIX IT: Clean your shower head regularly and replace when necessary.

HOUSE PLANT

WITH some types of plants giving off carbon dioxide at night, experts say they are best kept out of bedrooms.

Inhaling carbon dioxide over time can lead to dizziness, headaches and nausea.

Over-watering plants can also cause the build-up of mould in the soil – hazardous to those who have respiratory problems such as asthma.

FIX IT: For the bedroom, choose a sleep-friendly snake plant as it gives off oxygen at night, helping to promote a restful night.

I HATE MUM MATES... THEY'RE BITCHY AND BORING

FROM swapping tales of late-night feeding dramas to helping identify mysterious rashes, a ready-made mummy tribe can be an invaluable lifeline.

But for some, the prospect of making a new set of grown-up friends can be daunting – especially when already feeling frazzled and overwhelmed.

Jayne Cherrington-Cook, 50, is a website editor who lives in Bexley, Kent, with her civil-servant husband Russell, 54, and their son Milo, 13.

She deliberately avoided bonding with other new mums after Milo's birth

Here, she explains why women need to behave more like men . . . sticking with mates who like a laugh and don't want to talk about leaky boobs or night-time meltdowns.





BABY DAYS . . . Jayne with Milo

Picture: STEWART WILLIAMS

WHEN I got pregnant at 36, pushing a tiny human out of my intimate parts was the only thing on my radar.

Making new mummy mates was not a priority.

For me, antenatal classes held zero appeal. I'd rather have had a root canal without anaesthetic than go to one.

Losing my pelvic floor was one thing, but losing my identity was another — and I was determined it wasn't going to happen to me once I became a mum.

However, the newborn haze eventually lifted and a new pressure emerged — the expectation to join the fabled world of mummy friends.

Full of good intentions, my health visitor pushed these groups, citing the benefits for both my son's development and my own well-being, especially given the prospect of post-baby blues.

Reluctantly, I carted Milo to his first baby sensory class.

Looking back, I wonder how, and why, I had this ridiculous idea that I'd make any friends.

Tiny humans veering between napping and crying isn't exactly conducive to forming a girl gang.

Utterly mind-numbing

It felt so unnatural and forced. And, take it from me, it's impossible to bond when you're trying to get a four-month-old to paint (yes, paint).

The other mums seemed "nice", but I didn't click with any of them. As for the baby talk, it was utterly mind-numbing.

I craved adult conversations that didn't revolve around teething troubles or what was in my baby's nappy.

Those early days of motherhood were really quite dull and I yearned to break free from chats about sharing tips on B&M bargains or moaning about our other halves not pulling their weight.

Relief washed over me when I returned to work after seven months on maternity leave.

The joy of interacting with people who didn't even know I was a mum — because I didn't shout about it like some do — was pure bliss.

Lunch breaks became havens for sharing thoughts and laughter with women who I actually wanted to be around.

Real conversations also replaced competitive parenting.

I had no interest in little Jimmy's ability to read at 18 months and I was so sleep-deprived, I grew tired of listening to parents who were clearly living through their children's achievements.

Don't get me wrong, I've always been beyond proud of my son, but why do mums feel the need to brag.

One would drop in her boast ever so casually with: "I've got lots of nappies going spare if anyone wants them, because I've potty trained my daughter now."

I wouldn't have minded but the daughter in question was one . . . who has the time or energy at that age?

When my son started primary school, a flicker of hope for mum friendships emerged.

You spend so much time at drop-off and pick-up, I thought it would be nice to be able to pass the time away having interesting chats and I tried hard not to shut myself off. But school-days are a social minefield and I soon felt like I was back in the classroom myself.

Parent cliques made me feel like a shy 13-year-old again.

I didn't dress like the other mums, who were clad in gym gear and skinny jeans.

I love fashion and thought nothing of turning up to the school run in high-waisted flares with a leopard print jacket, or maxi skirts with retro trainers.

One time, I actually heard someone whisper: "What *is* she wearing?"

Because I was self-employed as a website editor, I didn't fit into the stay-at-home brigade, or the full-time working mum bunch either.

I welcomed the days when something cropped up at work and I could send my son to after-school activities, meaning I got to duck out of the dreaded pick-up.

Kids' birthday parties were another nightmare.

Two hours of endless small talk with the other mums felt like an eternity, while the loud, chaotic environment didn't suit my autistic son, who often struggled to participate, wore noise-cancelling headphones, or simply clung to me the entire time.

When Milo was around six, I tried again to open my mind to having mums for mates.

I thought it would be nice for my son as I'd be able to organise playdates, and I was also hopeful I might meet a local friend.

I even gave mum nights out a

I felt constantly on edge and defensive around these women

FUN TIMES . . . adventure day with Milo

I yearned to break free from chats just moaning about our other halves

CHOOSE FRIENDS CAREFULLY . . . sound advice from Jayne

try. I found myself warming to some of the other mothers, until one cornered me and critiqued my parenting, telling me I was doing it all wrong.

Honesty has always been my golden rule, especially with raising an autistic son. But this mum thought I shouldn't be so open about it with other people, and in particular with my son.

She believed I should have kept his autism from him, that, somehow, knowing how his own brain works wouldn't benefit him.

I mean, who does that? We're all just winging it, doing the best we can. I didn't like who I was around these women. I felt constantly on edge and defensive.

I ached to hang out with my actual pals, the ones who knew the real me and understood I was busting a gut to give my son the best life he could have. I welcomed secondary school with open arms. Milo was on the path to independence and the dreaded school run became a drop-and-go affair.

Some might say it's me and ask, "What's her problem?".

But one study gives me comfort. According to US research, friendships during the early stages of parenting are good for children's brains, but — please note — those friendships can be with anyone, not just other mums.

Researchers believe this happens because strong friendships provide support for mothers, allowing them to share the parenting load and lessen their mental burden. This, in turn, positively impacts their children's well-being.

Strong friendships are key, regardless of whether your friends are parents too, so why is there so much pressure on women to find new mum mates as soon as they've given birth?

Contrary to popular belief, you can survive this parenting lark without a mum tribe.

Yes, some of my close friends are parents too, but we knew each other BC (before children) and we rarely talk about our kids.

I'd advise any new mums to think more like a man.

They don't have specific dad mates, just other blokes who they like spending time with.

So surround yourself with people who make you laugh, who celebrate your individuality and who understand that your leaky boobs and encyclopaedic knowledge of Paw Patrol are just a small part of your life.

Your sanity (and your social life) will thank you for it.

Fab Food

With NATHAN ANTHONY

WELCOME back to my Bored Of Lunch column – this week I am bringing you a little something for the weekend.

You can cook them whenever you like, but these hearty and healthy recipes make great Sunday roast alternatives – and take less than 30 minutes.

If you haven't yet tried cooking a roast in your air fryer, you are missing a trick.

The pork in this first recipe cooks resting on top of your veg and potatoes, making it so easy – and it saves on pots and pans to clean.

By the end, the outside of the meat is slightly sticky with a beautiful, rich flavour from the herbs and the sprouts which will have soaked up the juices.

For the washing-up dodgers, my meatballs and mozzarella orzo bake is just the ticket. It involves making orzo in your air fryer, which might sound crazy, but trust the process.

With no need to brown your meatballs in a pan first and no extra pots for your pasta, you will have hardly any dishes to clean and it is brilliantly quick for a pasta bake. Cheesy meatball goodness in just 30 minutes.

You can find more recipes in my new book Bored Of Lunch Healthy Air Fryer: 30 Minute Meals (£20, Ebury Press). Enjoy!

BORED OF LUNCH



EASY AIR FRYER COOKING

Juicy pork roast & veg dinner

Serves: 2
Prep: 10 mins **Cook:** 20 mins
Cals: 460

YOU NEED:
½ tsp dried rosemary
½ tsp dried oregano
½ tsp paprika
½ tsp mustard powder
½ tsp garlic powder
350g pork tenderloin
For the veg:
2 carrots, cut into batons
Pinch grated nutmeg
1 tsp butter
100g Brussels sprouts
150g potatoes, skin on, cut into small cubes
For the sticky glaze:
2 tbsp honey
1 clove garlic, minced
1 tbsp Dijon mustard
1 tbsp dark soy sauce



METHOD: Combine all the dry flavourings in a bowl, add the pork and coat all over with the dry rub.

Dust the carrots with the nutmeg, place in the bottom of the air fryer, top with the butter, then add the sprouts and potatoes, but keep them all separate – put the potatoes to one side of the basket. Add foil over the veg and put the pork on top. Air-fry for ten mins at 200C.

Remove the foil from the veg, then set the pork on top of the sprouts so the potatoes can get a blast of heat.

Combine the ingredients for the glaze in a bowl and pour over the pork, then air-fry for 10 more mins.

Meatballs & mozzarella orzo bake

Serves:4
Prep: 10 mins **Cook:** 20 mins
Cals: 438

YOU NEED:
400g lean beef mince
2 tbsp panko breadcrumbs
1 onion, finely chopped
Handful fresh basil leaves, chopped
1 egg
2 x 400g tins chopped tomatoes or 700g passata
1 tbsp tomato purée
1 tbsp balsamic vinegar
1 tbsp honey
4 cloves garlic, crushed
350ml hot chicken stock
175g orzo
60g mozzarella, torn



METHOD: Combine the mince, breadcrumbs, onion, half of the chopped basil and egg in a bowl, then mould the mixture into meatballs.

Air-fry the meatballs for 7 mins at 200C, then add in the tomatoes/ passata, tomato purée, balsamic vinegar, honey, garlic, remaining basil, salt and pepper, and cook for a further 3 mins.

If you have a large air fryer, you can do this in an ovenproof dish. If not, use the air fryer basket without the tray in place. Pour in the chicken stock, then move the meatballs to one side, add in the orzo and adjust so the meatballs are evenly spread. Air-fry for 10 mins.

Top with mozzarella, allowing the residual heat to melt it. Garnish with fresh basil.

Compiled by **KIRSTY SPENCE**, photography by **DAN JONES**

letters @the-sun.co.uk

The page where you tell Britain what you think

LIZ Truss, *pictured*, as Prime Minister thought she would be clever and avoid scrutiny by calling her disastrous mini Budget a "fiscal event".

Her plans spooked the money markets, and we still haven't fully recovered. While promoting her new book, Ten Years To Save The West, she had the arrogance to blame the Bank of England.

She should be thanking them for saving her from political oblivion.

DAVID ROSE
Linton, Cambs

NOT only is Donald Trump the first former US president to face a criminal trial, the 77-year-old is also bidding for a second term as US President.

But at the age of 81, current Prez Joe Biden has now crept ahead of him in the polls.

The world has never seen this kind of American circus before!

SAMUEL FAROOQ
Tooting, London

NONI MADUEKE, *pictured*, Nicolas Jackson and the Chelsea "stars" who acted like five year olds on Monday night, arguing over who should take a penalty against Everton, are petulant children. What a pair of cry babies.

Their family, friends, Chelsea supporters and manager Mauricio Pochettino must be so proud.

JOHN MORGAN
Bath, Somerset

THE teen rescued from a cliff face at Charmouth Beach, Dorset, had a lucky escape, as did those who got him down.

The area was hit by a rockfall just days later.

Walkers should stay away from the cliffs when told to. It's common sense.

PHIL HINDE
Great Yarmouth, Norfolk

Holly guard a £1m waste

£50 LETTER

NOT long ago, Holly Willoughby wouldn't leave home due to alleged threats to her life, but now she's heading to Costa Rica.

Even with a million pounds spent on security, I'm surprised she and Bear Grylls would consider going to the central American nation, where violence is on the rise, for new Netflix series, Bear Hunt. I hope Holly doesn't crack under the strain.

SYLVIA MONK
Hayling Island, Hants

WHAT a waste of money putting a "ring of steel" around Holly Willoughby when she films in Costa Rica. If the place is known to be dangerous, why needlessly risk trouble by sending her there?

PHIL CUTHBERT
Raunds, Northants

I SEE Netflix is to spend £1million protecting Holly Willoughby and Co in Costa Rica. I've got a much cheaper and safer plan – don't go in the first place!

KEV WYMAN
Carlton in Lindrick, Notts

IF it's so dangerous to take Holly Willoughby and Bear Grylls to Costa Rica, then why the hell go?

Surely there are other exotic places in the world to film.

ROBERT WHELAN
Reading

THE Government's complacency on defence spending is shocking. The attack on Israel by Iran adds to the danger we face.

The priority of any country is the protection and safety of its people. Whatever our other financial woes, our defence spending must be increased ASAP.

It had already fallen to an alarming level under previous Labour governments. Rishi Sunak and the MoD must sort it.

MARK PATTEN
West Denton, Tyne and Wear

ANY defence spending cut is ludicrous while £8million in foreign aid went to China last year.

Britain needs to start coming first. I can't imagine what this country will look like in future.

ZOIYAR COLE
Lowestoft, Suffolk

I THOUGHT the Conservatives were the party of strong defence, so how have they allowed defence spending to slump since they took power in 2010?

Because of the dangerous situation in the world, we are scrambling to rearm our depleted forces. This saying comes to mind: "Those who do not learn from history are doomed to repeat it." I just hope **WE** have learned from the past.

PADDY MAXWELL
Lordshill, Southampton

SINCE Russia invaded Ukraine, we have heard that NATO countries such as the UK will not send troops there to fight the Russians as a European war could escalate.

Yet just yesterday, several NATO countries, including our own RAF, went to help Israel, which is not a member.

How do they get away with such blatant double standards?

SALLY WILTON
Bournemouth

IF Israel had sent 300 drones and cruise missiles towards Iran, I wonder how many would have been shot down? My guess is not many. I fear Iran is putting its civilians at risk.

ERNEST CHARLES WILLIAMS
Cardiff

AS an ex-smoker, I respect people's right of choice. But I wonder, under Rishi Sunak's plan for a smoke-free generation, how the tax revenue gap would be filled?

JOHN SHAW
Epping, Essex

SUELLA BRAVERMAN says Rishi Sunak doesn't have the political will to take the UK out of the European Convention on Human Rights. He hasn't the political will or courage to do anything!

ROBERT MARSHALL
Sheffield

RISHI SUNAK must be the weakest PM in UK history. He is all talk, with no intention of stopping the boats or leaving the ECHR. The sooner he's gone, the better.

IAN NICHOLSON
Workington, Cumbria

TXT US ON 07537 410199

Don't forget to include your name. Standard text rates from your provider apply

RIP cricketer Derek Underwood. You will always be remembered as a true gentleman of the sport.
BAZ, Surrey

AN NHS banner with 21 flags for 21 genders and sexualities is a massive load of rubbish.
JOHN, Mablethorpe, Lincs

DONALD TRUMP thinks his criminal trial is "an assault on America". How big is his ego?
KIT, Liverpool

INSTEAD of Netflix spending millions on security in Costa Rica, why don't Holly Willoughby and Bear Grylls film their new show somewhere safer?
BEA, Cumbria

email, fax, write or comment online

We pay £50 for our Star Letter of the day: Email letters@the-sun.co.uk. Fax us on 020 7782 4170 or write to Dear Sun, The Sun, 1 London Bridge Street, London, SE1 9GF. Include your full name and address. You can share your views at thesun.co.uk

Mystic Meg

with **MAGGIE INNES**

ARIES March 21 – April 20

Concepts you've encountered before gain new meaning, with deep planet forces at work. You can click on a career option, or pick up on money-making potential, and know just where to take this next. As the moon energises your open-minded zone, unlock the version of Aries that's emotionally ambitious.

TAURUS April 21 – May 21

Jupiter's chart clash encourages you to go against some group choices and strike out solo. This process has rarely felt simpler, or more potentially successful. Your chart shows you can handle any obstacle. You're a love star all day, ready to shine, as a glow of "R" attraction burns brighter by the minute.

GEMINI May 22 – June 21

A little pride goes a long way so don't let it muscle in on other feelings, especially between friends or lovers. When you absorb the moon's natural ability to accept other points of view, you'll make great decisions. If you're in love, the smart move is to be honest first and clever second. Single? It starts with a group message.

CANCER June 22 – July 22

Uranus and the moon make you a cash wildcard, so run some risks with your own assets if that's your choice but don't involve anyone else. Family strength comes from inside – it's how people feel, not what they own, that matters. Love is quietly kind, but carries a kick of instant attraction.

LEO July 23 – August 23

Coming up with ideas is no challenge for you but you could have too many of them, with a mind so fertile and overflowing. You can benefit from letting someone else share your vision, but choose this person wisely. In passion terms, Venus plans a no-holds-barred day for Leo, so get ready to charm and be charmed.

VIRGO August 24 – September 22

Personal pathways that once seemed so settled may feel re-routed again, as Uranus squares up to the moon. Really asking yourself what, and who, is right for you can reveal answers that are so exciting. If you're looking for love, a daily traveller with a legal connection can be your soulmate. Initial "J" is a pointer, too.

LIBRA September 23 – October 23

Keeping up with Uranus updates to your transformation chart means making changes work for the life you want. Ask questions and activate answers, even if they may not always be what you expect. Passion flourishes in a place where people choose numbers or names together. The luck factor links to "F".

SCORPIO October 24 – November 22

Keeping ambitions quiet doesn't mean they disappear – in fact, they grow stronger. So if you get a chance to chat about your future, take it. Your passionate self is Venus-grounded but Mercury go-for-it, and this can make romance feel reborn. Solid-gold love sparkles in a jewellery store.

SAGITTARIUS November 23 – December 21

So many gifts are flowing towards you, wrapped in a deep sense of sharing. So resist any temptation to hold anything back, from emotions to finances. Your chart shows Jupiter big-spending tendencies – set a clear limit before you shop or get someone you trust to do it for you. Love is secure, as barriers fall.

CAPRICORN December 22 – January 20

If you're with a partner, take no action today until you're sure you know (and understand) everything. If you're single, build a foundation of emotional trust into physical longing. Mars fire can feel too hot to handle in your communication chart but keep a cool Mercury head, to control any jealousy or temper spikes.

AQUARIUS January 21 – February 18

You'll feel the moon and Mercury connection in some smart ways, all linked to communication. Quick replies can come to daring social contact questions, while a contract can be revised faster than you expect. Trusting mind over body can mean passion starts to make more sense. Luck sits in a waiting area.

PISCES February 19 – March 20

Venus stops you slipping out of cash situations – ask or answer with 100 per cent honesty. But allow enough time for less open people to get used to this upfront you. Single? Someone totally transformed by fitness or fashion can start to look like a perfect Pisces fit. Already in love? Yes, a promise can be repeated.

puzzles

We've got all your favourite brain teasers

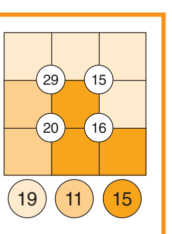
BRAINBUSTER

From the clues, work out the words that can be spelt the same, pronounced the same, but have two different meanings.

[a] Burst forth/season
[b] Ricochet/vitality
[c] Kitchen utensil/betray
[d] Preference/sac

SUKO®

Enter the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



PAGE 2 **SUJIKO SOLUTION:** Top line **524** middle **913** bottom **768**

TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same

Cryptic clues

ACROSS
8 Obscure relative seen by a river (7)
9 Scheme getting primate into credit (5)
10 Acquire winter coat? (3,2)
11 Ten dice thrown and drawn in (7)
12 Officer detailed to run machine (9)
15 Croesus keeps eggs (3)
16 Is it one thing after another? (3)
17 Glen met an absurd fellow (9)
20 Wasted evening? (5-2)
22 Strap seen in length on girdle (5)
24 Woman from India with Frenchman (5)
25 Selfish sort is to get sozzled (7)

DOWN
1 Angry time in close atmosphere (6)
2 One outside hospital in pain (4)
3 Spring activity for the kids? (8)
4 Burning pictures outside study (6)
5 Northerner puts son to bed (4)
6 Crumpets produced in full colour range (8)
7 Cooler frost initially on hilltop (6)
13 Omen bad with crew's latest arrival (8)
14 Oriental stew for family member (8)
16 Runner to chatter idly (6)
18 Relative in northeast: I'm relieved (6)
19 Discredit wife leaving old prison (6)
21 Always seen in Monteverde (4)
23 God having party up at home (4)

Coffee time

ACROSS
8 Indistinct (7)
9 Escapade (5)
10 Freeze over (3,2)
11 Tempted (7)
12 Dynamo (9)
15 Deer variety (3)
16 Argument (3)
17 Courteous male (9)
20 Occasion for drinking (5-2)
22 Skimpy garment (5)
24 Female name (5)
25 Conceited type (7)

DOWN
1 Enraged (6)
2 Feel soreness (4)
3 Jump over (8)
4 Very passionate (6)
5 Highlander, eg (4)
6 Wavelength array (8)
7 Kitchen appliance (6)
13 Beginner (8)
14 Affinity (8)
16 Burrowing mammal (6)
18 Sibling's child (6)
19 Nullify (6)
21 At any time (4)
23 Norse deity (4)

Check today's answers before midnight by calling 0905 757 0150 for Across and 0905 757 0151 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

WORD WORKOUT

■	4	2	23	12	■	10	6	8	11	■
18	■	3	■	16	■	12	■	11	■	2
4	2	14	6	21	■	7	16	6	23	11
3	■	■	1	6	1	23	3	■	■	20
23	12	7	22	■	12	■	8	11	13	23
■	■	■	3	10	24	11	8	■	■	■
15	3	21	11	■	11	■	9	11	11	24
12	■	■	26	3	19	11	12	■	■	3
21	12	24	11	7	■	24	25	8	12	2
19	■	6	■	8	■	3	■	12	■	11
■	6	19	17	11	■	1	6	5	11	■

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
			U									F
14	15	16	17	18	19	20	21	22	23	24	25	26
										P		V

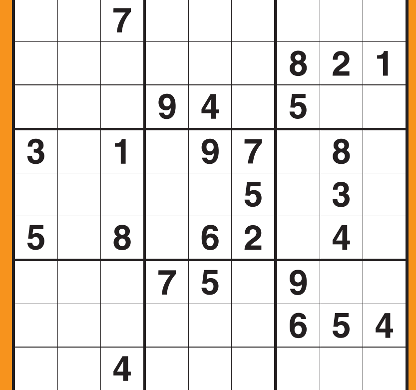
THIS is the world's best brainteaser. Each grid number in our Word Workout game represents a letter. So if you think 5 is the letter A, write A in all the squares with a 5. All the alphabet is used and we have supplied some letters to start you off. We will print the answers tomorrow.
YESTERDAY – ACROSS: Met, Cube, Ocelot, Tributes, Wrath, Gland, Ghoulish, Frenzy, Flit, Lit. DOWN: Jumper, Meat, Toxic, Sequel, Dove, Sod, Wag, Truant, Napkin, Vinyl, Hark, Heft.

For 4 Extra Clues Call 0901 293 6299
Calls cost £1 plus network access charge.
or text SUNWORD to 64343.
Texts cost £1 plus your standard network rate.

DOUBLE Sun DOKU

TODAY'S TEASER

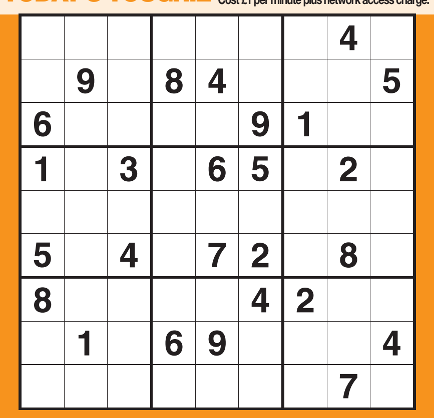
Call 0905 757 0156 for clues or solutions. Cost £1 per minute plus network access charge.



		7						
						8	2	1
			9	4		5		
3		1		9	7		8	
					5		3	
5		8		6	2		4	
			7	5		9		
						6	5	4
		4						

TODAY'S TOUGHIE

Call 0905 757 0152 for clues or solutions. Cost £1 per minute plus network access charge.



							4	
	9		8	4				5
6					9	1		
1		3		6	5		2	
5		4		7	2		8	
8					4	2		
	1		6	9				4
							7	

Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary). Helpline: 0333 202 3390 (9am-5.30pm). Service provider: Spoke, W1T 4HD

WORDSEARCH

Find seven words about laughing. Words can run forwards, backwards or diagonally. Solution below.

N	C	I	M	O	C	R
G	I	G	G	L	E	E
E	S	T	L	H	K	T
B	S	K	W	O	J	N
A	E	U	J	R	I	A
R	U	O	M	U	H	B
G	U	F	F	A	W	N

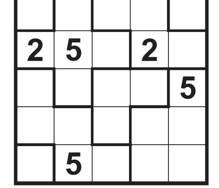


SUGURU®

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3, and so on. The same digit must not appear in neighbouring cells, not even diagonally. Solution below.

Example





2	5		2	
				5
	5			

THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify a singer:

1	2	3	4	5	6	7	8	9	10	11

8 & 6	Director of thrillers such as Psycho and The Birds
11 & 7	She played Christine Cagney in the eighties TV detective series Cagney & Lacey
2 & 3	Mr Davis, who played the title role in Willow and presented the revived Celebrity Squares (second and third letters of name)
5 & 10	Ms Couric, American journalist and news presenter (third and last letters of name)
1, 4 & 9	Ms Gerwig, who directed the 2023 hit film Barbie (first, third and fourth letters of name)

● Yesterday: Author DBC PIERRE (Christiaan Barnard, Michael (Buerk), Pierre-Emerick (Aubameyang), Randy (Quaid), Ronnie Drew). Another Name Game in The Sun tomorrow.
■ If you can't wait until tomorrow for the answers, just call 0901 293 6298. Calls cost £1 plus your telephone company's network access charge.

SUNDIAL



SEE how many words of four or more letters you can "dial" using the the centre in each word. You can make at least one word using all of them. Don't use the letters more than once in any word. No proper names or plurals ending in 's'. Words from Collins Concise Dictionary.

BRILLIANT: 39. EXCELLENT: 32. GOOD: 24. GREAT SCORE FOR KIDS: 19.

YESTERDAY: Entry, environ, envoy, envy, inert, inner, inter, intern, into, intone, intro, invent, inventor, invert, iron, irony, neon, nervy, nine, ninety, nitre, noir, none, nonet, note, orient, oven, ovine, rein, rent, riven, tenon, tenor, tern, tine, tinny, tiny, tone, toner, tonne, torn, vein, veiny, vent, vine, vinery, vino, vintner, viny, INVENTORY.

Check today's answers by calling 0905 757 0155 before midnight. Calls cost £1 per minute plus your telephone company's network access charge.

YESTERDAY'S SOLUTIONS

Teaser

4	2	5	7	8	1	6	9	3
1	8	3	9	4	6	5	7	2
9	6	7	3	5	2	1	4	8
6	7	2	4	9	5	3	8	1
8	5	9	6	1	3	4	2	7
3	4	1	8	2	7	9	6	5
5	1	4	2	7	9	8	3	6
7	3	8	1	6	4	2	5	9
2	9	6	5	3	8	7	1	4

Toughie

9	7	1	8	2	6	4	5	3
8	5	4	9	3	7	1	6	2
6	3	2	1	5	4	8	7	9
2	1	3	5	6	9	7	4	8
4	6	9	7	8	1	3	2	5
5	8	7	3	4	2	6	9	1
7	9	5	6	1	8	2	3	4
3	4	8	2	7	5	9	1	6
1	2	6	4	9	3	5	8	7

Two-Speed Crossword
ACROSS: 1 Sparse, 5 Hood-oo, 8 Olaf, 9 Big wheel, 10 Bulgaria, 11 (b)Road, 12 Asle-ep, 15 Hudson, 17 L-ass, 19 Eva-cu-ate, 22 License-e, 23 L-ate, 24 Fab-led, 25 Test-e-d.
DOWN: 2 Pilau, 3 Refugee, 4 (m)Ember, 5 Hog-was-h, 6 Other, 7 Oregan-o, 13 Stamina, 14 Press-ed, 16 Doubles, 18 Swell, 20 A-gent, 21 Title.

30-SEC NUMBERCRUNCH

HERE is our fantastic puzzle, the 30-second NumberCrunch. There's no better way to keep your brain trained than playing our great teasers. So if you want to stay ahead of the game, you will love this challenge.
Starting at the left with the number provided, work your way across the three lines one at a time, applying all the mathematical instructions to your running total. Don't reach for your calculator – that would be cheating! Write your final answer in the last box of the line. You should be aiming to complete each round in about 30 seconds. Good luck!
Answers below, right.

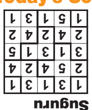
BEGINNER										ANSWER
92	Half of it	- 37	× 11	÷ 3	+ 202	÷ 5	+ 183	÷ 10	+ 201	

INTERMEDIATE										ANSWER
140	÷ 7	+ 160	2/3 of it	+ 455	÷ 5	+ 113	Half of it	- 46	Quarter of it	

ADVANCED										ANSWER
405	÷ 9	+ 3427	3/8 of it	+ 3178	20% of it	- 78	Half of it	- 179	÷ 10	

Today's Solutions

Suguru



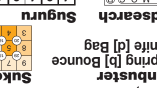
1	3	1	3	1
2	5	4	2	4
3	1	3	1	5
2	4	2	4	2
1	5	1	3	1

Wordsearch



Suko

9	7	2
8	5	1
3	4	6



NumberCrunch
224, 17, 23

Brainbuster
[a] Spring [b] Bounce
[c] Knife [d] Bag

"NEW! Miniature Rose 'Cutie Pie'... Completely Thornless, Sweet Pink Apple-blossom blooms – PLUS It's Completely Winter Hardy Too!"



Spilling gently along borders

This fantastic new patio rose is perfect for dotting around the garden in pots or in front of border positions.

It has thorn-free stems, and each plant spreads to form a low mound, which over a long period in summer is studded with an abundance of gorgeous, apple blossom like pale pink flowers.

These delicate flowers are great for ground cover too and they love a sunny spot where they can take pride of place during the flowering period of Jun-Sept.

3 X 9cm POTS ONLY £14.97 +P&P SAVE £15.00

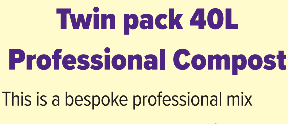
- **Apple-blossom flowers**
- **Completely Thorn Free**
- **Ideal Ground Cover Or For Pots & Containers**
- **Prolific Flowering in Summer**
- **Dwarf, Low Growth Habit**
- **Produces No Fruits; No Pruning Needed**
- **Great For Gardening With Children**
- **Beautiful Gift For A Loved One**

"An abundance of gorgeous, apple blossom like pale pink flowers"

Rose Cutie Pie 3 x 9cm Pots ONLY £14.97 SAVE £15.00!



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This is a bespoke professional mix made to our exacting recipe from one of Europe's leading blenders. It contains 50% composted wood fibre, to open the mix up and get air in to the roots, and a precise blend of 3 different grades of peats to balance drainage and water holding. **ITEM: 100064**

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Peter McDermott
Head Gardener
Peter



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100064	**Twin pack 40L Professional Compost** 40L Twin Pack **FREE P&P! SAVE £13**	£23.97		
100062	**Blooming Fast Superior Soluble Fertiliser** 500g **SAVE £3**	£9.99		
You Must Use Offer Code **SN521** To Get These Exclusive Prices!			Add P&P	£6.99
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Orders despatched within 5-7 working days. Delivery to UK only and a £6.00 surcharge will apply to the following postcode areas: AB, DD8-11, GY, HS, IM, IV, JE, KA27-28, KW, PA20-80, PH19-50, TR21-25 & ZE. Following Brexit there are a number of changes that prevent us from trading in N. Ireland. For further details please visit www.yougarden.com. If you wish to receive catalogues & offers from us, please tick here ☐. We think you'd enjoy some of the latest products and selected offers by post from other trusted retailers, charities, finance, travel, FMCG and utility companies. If you wish to receive these, please tick here ☐. Full details at YouGarden.com/Privacy.

FTSE 100 DOWN 145.17 TO 7,820.36

Sun business

£= €1.17 $1.25
OIL $89.97 Brent Crude barrel
Petrol: 149p Diesel: 157p

By ASHLEY ARMSTRONG
ashley.armstrong@the-sun.co.uk
@AArmstrong_says



'Too soon' . . . Lombardelli

PAY RISES PREVENT RATE CUT

WORKERS are still getting inflation-beating pay rises but strong wage growth will likely mean interest rates will stay higher for longer.

Official figures yesterday showed that regular pay growth was six per cent in February, higher than the 5.8 per cent expected by analysts.

Real pay growth, which strips out inflation, hit 2.4 per cent — the highest since July 2021, according to the Office for National Statistics.

Wage growth has outstripped inflation since last June as companies boosted pay to help staff in the cost-of-living crisis.

The Bank of England fears a wage spiral will make inflation harder to tackle, partly because firms may hike prices to afford higher staff pay.

Markets are now betting that interest rates won't be cut until August. Clare Lombardelli, soon to join the Bank as a rate-setter, yesterday told MPs that it was too soon to say when they will be lowered but it was clearly "the direction of travel".

SHARES

BARCLAYS
down 4.66 to 178.48
BP
down 11.70 to 515.60
CENTRICA
up 0.45 to 130.95
HSBC
down 19.40 to 631.70
LLOYDS
down 1.46 to 49.70
MARKS & SPENCER
down 7.20 to 247.00
NATWEST
down 8.00 to 268.80
ROYAL MAIL
down 13.00 to 214.20
SAINSBURY'S
down 3.40 to 257.00
SHELL
down 55.00 to 2,834.50
TESCO
down 5.50 to 280.80

ENERGY REFUNDS

SCOTTISH POWER is handing back £1.5million to customers after it made them pay too much during the energy crisis.

The firm referred itself to Ofgem when it realised it over-charged 1,699 direct debit customers by £149 by putting them on a higher standard credit rate.

The error ran between 2015 and 2023, including the period when prices hit record highs.

Customers will get back an average £294 in compensation as Scottish Power is also making a goodwill payment.

TWO CLOTHING GIANTS GETTING CLOBBERED

HIGH & DRY

RETAIL PAIN 1

Superdry boss: We'll go bust if we don't cut bills

SUPERDRY has warned it will go bust unless it quits the stock market and pushes through an aggressive plan to cut its rent bills and business rates.

Founder and chief executive Julian Dunkerton said a hefty restructuring was the only option after the clothing firm suffered "a series of little cuts that has made life tougher".

The troubled retailer yesterday tabled a plan to reduce the rents on 39 of its 100 shops and lower its business rates with councils.

Existing shareholders will then be stuck, invested in a private company where Mr Dunkerton will have control.

He plans to spend £10million issuing new shares in an unlisted company, which will pump in fresh cash and increase his stake beyond 26 per cent.

The boss, who founded the business in 2003, told The Sun he believed Superdry's brand still had a future and it was "one of the last" retailers on the high street to do a restructuring.

He said: "I love this business, I love the people and we are doing this to enjoy the next 20 to 30 years. We are doing this to protect the company and jobs."

The debacle marks the downfall of a British brand whose Japanese logo-covered clobber was once worn by a string of A-list stars.

Mr Dunkerton blamed the company's woes on lockdown, Brexit, the end of tourist tax relief and previous management. He returned to save the brand in 2019 but almost its entire market value has been wiped out since then.

Its shares yesterday tumbled a further 22 per cent to value it at just £6.1million.

Relief plan . . . boss Dunkerton



BOOTED OUT

Dr Martens chief has to walk

£10M shares issue is part of Julian Dunkerton's plan to pump more cash into Superdry

90% loss in Dr Martens' value since it was given a stock market listing in 2021

Profits dip . . . at iconic footwear brand

I'm stepping aside . . . Dr Martens' Mr Wilson, right

RETAIL PAIN 2

THE boss of **DR MARTENS** quit as the firm's shares took a kicking yesterday.

Kenny Wilson exited as chief executive amid warnings profits could shrink to just a third of the current level.

Shares fell to 65.80p — a dip of more than 30 per cent — leaving the business valued at £913million. It has now lost 90 per cent of its value since private equity firm **PERMIRA** gave it a stock market listing in 2021.

Mr Wilson said it was the "right time to hand over". He will be replaced by chief brand officer Ije Nwokorie.

Critics have questioned whether the firm suited being listed. Last month one shareholder called on it to consider a sale and said remaining public was "no longer in the best interests of shareholders".

A REAM VICTORY

THE US suitor for packaging giant **DS SMITH** said it will seek a London listing after winning a bidding war.

DS Smith, which makes boxes for **AMAZON**, yesterday agreed to a £5.8billion all-share takeover by Memphis-based **INTERNATIONAL PAPER**.

The takeover beat a £5.1million deal between DS Smith and British rival **MONDI**.

International Paper said it will seek a secondary listing.

It does not intend to close mills but 400 office jobs could be at risk. The FTSE-100 firm employs 4,500 staff in the UK.

WEALTHY shoppers have cut back on **LOUIS VUITTON** bags and **MOET HENNESSY** bubbly, knocking sales growth at **LVMH**.

Sales rose just two per cent to £8.9billion in the first quarter of this year — the group's worst performance in three years.

B&M STORE AIM

DISCOUNT retailer **B&M** aims to open 90 stores in the next two years as cash-squeezed shoppers drive up sales.

Boss Alex Russo said the chain had "significant profitable growth potential".

The firm, which last year bought 51 shops from bust rival **WILKO**, saw sales jump 10.1 per cent to £5.5billion in the year to the end of March.

Total B&M UK sales rose 8.5 per cent to £4.4billion, helped by new store openings.

Its cut-price grocery chain **HERON FOODS** grew sales by 15.3 per cent to £560million.

ADVERTISEMENT FEATURE

80% OF UK BUSINESSES OWED MILLIONS IN MIS-SOLD ENERGY CONTRACTS!





- 90% of Contracts Mis-sold
- No Win, No Fee Process
- Average Claim Value £25k+
- Start Your Claim TODAY!

FROM coffee shops to corporate giants, 80% of UK businesses use brokers to get the best energy deals. With news that 90% of these contracts have been mis-sold, 4 out of 5 businesses are now eligible to claim compensation. Make your claim now at **Business Energy Claim Back** where average payouts exceed £25k with some claims soaring into the millions...

Many UK businesses are currently unaware they're overpaying on their energy bills. The March 2022 OFGEM report reveals that about 80% of UK businesses using energy brokers could be trapped in mis-sold contracts, resulting in inflated bills due to hidden commissions.

RECLAIM WHAT'S RIGHTFULLY YOURS

Business Energy Claim Back is dedicated to uncovering these issues for businesses that have used brokerage services in the last 10 years. The average claim managed by *Business Energy Claim Back* exceeds £25,000, with some reaching into the millions, highlighting the substantial impact of these undisclosed charges.

Business Energy Claim Back offers a no-cost, comprehensive review of your energy contracts—a crucial step as many businesses may not even realise they've been affected. This approach ensures a fast, fair and honest assessment, guiding businesses towards potential compensation. With an estimated 4.8 million businesses eligible for energy compensation, it's more than likely that your company could be one of them. Don't miss out on what you could rightfully claim back. Initiate your No Win, No Fee claim today with *Business Energy Claim Back*. It's not just about financial recovery; it also ensures fairness and transparency in your company's business energy dealings.

MAKE YOUR CLAIM NOW!

Don't miss this opportunity to reclaim what's rightfully yours now! Simply scan the QR code below to start your No Win, No Fee claim or visit www.beclaimback.co.uk. Making a claim won't cost you a penny, so there's nothing to lose and potentially a lot to reclaim.

“I didn't realise I had been mis-sold until I spoke to Business Energy Claim Back...they checked my contract and I received £21,000 compensation...fantastic service!”

Mr Brown, IT Support Business Owner, Poole.

START YOUR CLAIM HERE



Calling UK Business Directors or Stakeholders

Have you used an energy broker in the last 10 years? Claim compensation now!

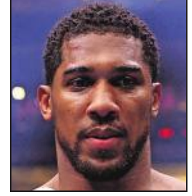
ACT NOW! £25k AVERAGE CLAIM BACK VALUE

NO WIN, NO FEE! Reclaim mis-sold energy costs now
Discover your refund potential with Business Energy Claim Back. Free, no-obligation assessments reveal average claims over £25k, with some into 7-figures. Join thousands of UK businesses already reclaiming what's theirs. Start online or scan the QR code now.

www.beclaimback.co.uk




S1


JOSHUA . . . waiting

Joshua's Dub step

By WALLY DOWNES Jr

DANIEL DUBOIS is eyeing a world heavyweight title fight at Wembley — against Anthony Joshua.

The IBF are threatening to strip their belt from the winner of the undisputed showdown between Tyson Fury and Oleksandr Usyk on May 18 — rather than wait for any rematch.

It could leave Dubois fighting Filip Hrgovic for a world title on June 1 — with the victor facing Joshua in September.

Dubois said: "The winner of me and Hrgovic fighting AJ makes business sense.

"Two London boys fighting for the world title in London would be mad."


SPORTS ROUND-UP: RESULTS & FIXTURES

CRICKET

INDIAN PREMIER LEAGUE
Kolkata Knight Riders v Rajasthan Royals

Kolkata: Kolkata Knight Riders 223-6 (20 overs; S P Narine 109); Rajasthan Royals 224-8 (20 ov; J C Buttler 107no). **Rajasthan Royals (2pts) win by 2 wickets.**

	P	W	T	L	RR	Pts
Rajasthan	7	6	0	1	0.677	12
Kolkata	6	4	0	2	1.399	8
Chennai	6	4	0	2	0.726	8
Sunrisers	6	4	0	2	0.502	8
Lucknow	6	3	0	3	0.038	6
Gujarat	6	3	0	3	-0.637	6
Punjab	6	2	0	4	-0.218	4
Mumbai	6	2	0	4	-0.234	4
Delhi	6	2	0	4	-0.975	4
Bengaluru	7	1	0	6	-1.185	2

CYCLING

TOUR OF THE ALPS: Stage 2 (Salorno to Stans, 189.1 km): 1 A De Marchi (Ita) Team Jayco-AlUla 4h 47m 37s, 2 P Gamper (Aut) BORA-hansgrohe +1m 20s, 3 S Pellaud (Swi) Tudor Pro Cycling Team +1:24, 21 G Thomas (GB) INEOS Grenadiers + 1:47. **Overall:** 1 T Foss (Nor) INEOS Grenadiers 8h 6m 20s, 2 C Harper (Aus) Team Jayco-AlUla +4s, 3 E Chaves (Col) EF Education-EasyPost +6, 8 G Thomas (GB) INEOS Grenadiers +13.

ICE HOCKEY

NHL - Washington Capitals 2 Boston Bruins 0, Tampa Bay Lightning 2 Buffalo Sabres 4, Pittsburgh Penguins 4 Nashville Predators 2, New Jersey Devils 1 New York Islanders 4, Detroit Red Wings 5 Montreal Canadiens 4 (OT), New York Rangers 4 Ottawa Senators 0, Los Angeles Kings 1 Minnesota Wild 3, Edmonton Oilers 9 San Jose Sharks 2.

SQUASH

BLACK BALL OPEN (Cairo Egypt): **Finals, Men -** M Asal (Egy) bt A Farag (Egy) 3-0. **Women -** N Gohar (Egy) bt O Weaver (USA) 3-0.

TENNIS

ATP BARCELONA OPEN (Spain): **1st Rnd -** L Van Assche (Fra) bt Z Zhang (Chn) 7-5 6-2; D Lajovic (Ser) bt D Schwartzman (Arg) 6-1 6-2; R Carballes Baena (Spa) bt H Grenier (Fra) 6-2 6-4; J Munar (Spa) bt Y Nishioka (Jpn) 6-3 6-1; T Machac (Cze) bt J Shang (Chn) 6-4 6-4; D Altmaier (Ger) bt A Popyrin (Aus) 6-3 7-6 (7-4); R Nadal (Spa) bt F Cobolli (Ita) 6-2 6-3. **2nd Rnd -** F Acosta (Arg) bt B Coric (Cro) 6-2 7-5; B Nakashima (USA) bt A Rublev (Rus) 6-4 7-6 (8-6); M Arnaldi (Ita) bt S Baez (Arg) 5-7 7-6 (10-8) 6-2; T Etcheverry (Arg) bt N Hardt (Dom) 7-5 6-2; C Norrie (GB) bt H Mayot (Fra) 7-6 (7-3) 6-7 (6-8) ret.

ATP BMW OPEN (Munich, Germany): **1st Rnd -** J Rodionov (Aut) bt A Vukic (Aus) 6-2 6-3; C Garin (Chi) bt D Koepfer (Ger) 7-6 (7-3) 6-3; T Daniel (Jpn) bt C O'Connell (Aus) 6-3 6-4; D Galan (Col) bt C Ugo Carabelli (Arg) 7-6 (7-2) 6-4; F Auger-Aliassime (Can) bt M Marterer (Ger) 6-7 (5-7) 7-6 (8-6) 7-6 (7-3) B van de Zandschulp (Hol) bt I Gakhov (Rus) 6-4 2-6 6-3; Y Hanfmann (Ger) bt A Shevchenko (Kaz) 6-7 (6-8) 6-3 7-5; M Huesler (Swi) bt M Topo (Ser) 3-6 6-1 6-3.

WTA PORSCHE TENNIS GRAND PRIX (Stuttgart, Germany): **1st Rnd -** J Paolini (Ita) bt S Errani (Ita) 6-1 6-0; Q Zheng (Chn) bt S Cirstea (Rom) 6-2 6-3; M Vondrousova (Cze) bt D Vekic (Cro) 6-4 6-3; E Mertens (Bel) bt T Maria (Ger) 6-1 4-6 6-0.

TODAY'S SPORT

CRICKET
IPL: Gujarat Titans v Delhi Capitals (3.0).
SPEEDWAY
BSN Series: Oxford v Plymouth (7.30).
TENNIS
ATP Barcelona Open (Spain).

SNOOKER WORLD CH'SHIP



Stretched Ky back in frame

SNOOKERED . . . Wilson has had family troubles to contend with away from the sport

LIFE'S CHAOTIC FOR DAD WILSON

EXCLUSIVE by ROB MAUL

KYREN WILSON has revealed the family turmoil that is wrecking his Crucible countdown.

The Northampton ace — runner-up in the 2020 World Championship — is juggling major issues off the baize.

Family man Wilson, 32, has been forced to reduce the length and frequency of practice sessions so he can drive his kids to school and hospital appointments.

His wife, Sophie, had to hand in her driving licence because of epilepsy and his six-year-old son Bailey is due to have surgery next month to fix a broken eye socket.

It follows a scare last year when Bailey spent five days in hospital following stomach and bowel inflammation.

Wilson, who has two children, said: "It's been a bit of a challenging year.

"There have been lots of things going on with the family so snooker has had to take a little bit of a back seat.

"My wife's had to surrender her licence because of her epilepsy.

"That was brought on by Bailey being really ill last year and, off the back of that, it has triggered her epilepsy again.

Now Bailey has gone and fractured his eye socket and his nose.

"It was just an accident at school. He ran straight into a wooden gym rail. But he's all right, he's tough as old boots.

"I've hardly been able to practise. I haven't really been able to travel a lot."

Wilson has made only one semi-final of a TV tournament this season — Berlin's German Masters in February.

Yet he has scored heavily on the table, with 61 centuries, a mark bettered only by Judd Trump (76) since last June.

No qualifier will want to draw the Warrior in Sheffield for his first-round date on Tuesday — and he has memories of hitting a 147 in last year's tournament.

He added: "The modern-day game is mostly about scoring. If your scoring figures are there, you will still be dangerous.

"In the past I have always been one that doesn't like to talk about things at home. I keep it quiet.

"Sometimes you can get unnecessary harsh criticism or pressure.

"It is good sometimes to open up and what I found last time I did that with Bailey's ill-health, I received a lot of support from the snooker community.

"I know I can turn it on when I want to, get the results when I want to.

"For the Crucible you do need to have a little bit extra in the tank."

JACK LISOWSKI secured his Crucible spot with a 10-3 win over Welshman Matthew Stevens — but is nervous about tomorrow's draw.

Jackpot, 32, was the first person to come through Judgement Day qualifying at Sheffield's English Institute.

The draw takes place at 8.45am at BBC studios in Salford and the Cheltenham potter admitted: "I don't want to play my best mates Judd Trump or Robert Milkins. You never really want to play Ronnie O'Sullivan."

● **RONNIE O'SULLIVAN** has signed an "ambassadorial agreement" with Saudi's General Entertainment Authority.

The Rocket will play in all official events in the Kingdom for the next three years and help coach new talent.

And the world No1 said: "We can make snooker huge in Saudi Arabia. I am excited by this chance to grow the sport there and to coach the best young talent and pass on my experience."

RAF'S FLYING

HAVING A BALL . . . Rafa Nadal on course for an easy win on his return to clay-court action in Barcelona

By ROB MAUL

RAFA NADAL insisted he was "having fun" after winning a first clay-court match for TWO YEARS.

Nadal, 37, looked in decent shape as he beat Italian Flavio Cobolli 6-2 6-3 in the Barcelona Open first round.

The 22-time Grand Slam champ, who faces Aussie Alex de Minaur next, had not played on his favourite surface due to injuries since winning the 2022 French Open.

And his final year before retiring has been hampered by a torn muscle near his hip, which sidelined him since January.

But the Spaniard still hopes he can say farewell to fans at next month's French Open.

Nadal said: "I'm happy to come away with the victory. I'm having fun.

"I have tried to come back a lot of times in my career.

"Every time is a lot more difficult, especially when you are in an advanced age.

"I'm going through tough moments but when I'm able to be on the tour for a few days and practise with the guys, it means a lot to me.

"It is still enjoyable enough to keep doing it."

EMMA RADUCANU plays Germany's 2018 Wimbledon champ Angelique Kerber in the Porsche Grand Prix today.

The Brit, 21, heads to Stuttgart buoyed by two Billie Jean King Cup wins for Britain at the weekend.


McILROY . . . staying put

McIlroy quashes LIV chat

By MARTIN LIPTON

RORY McILROY dismissed claims he is on the brink of a switch to Saudi-backed LIV Golf.

Rumours suggested the Northern Ireland ace was set to commit to a £685million move to the rebel tour.

That would have represented a stunning U-turn after McIlroy, 34, initially led the PGA Tour's fightback against the Saudi interlopers.

The speculation was fuelled by LIV boss Greg Norman following McIlroy for one of last week's Masters rounds in Augusta — and the four-time Major winner's public demands that LIV recruit Jon Rahm should be allowed on next year's European Ryder Cup team.

But McIlroy pledged lifelong allegiance to the game's establishment as he said: "I don't know how these things get started.

"I've never been offered a number from LIV and I've never contemplated going to LIV."

He added: "I've made it clear over the past two years that I don't think it's something for me.

"That doesn't mean I judge people who have gone to play over there.

"One of the things I've realised is that people can make their own decisions.

"But personally, for me, my future is here on the PGA Tour and it's never been any different."

Sport SHORT

JOS BUTLER hit 107 not out as Rajasthan Royals pulled off IPL'S highest-ever run chase.

England's captain whacked the last ball for four to beat Kolkata Knight Riders' 223-6 in a two-wicket win.

Owen to Sarrie on

OWEN FARRELL is set to return for Saracens' title run-in — and could face Gloucester on Saturday.

But Bath playmaker Finn Russell is struggling to make their Premiership trip to Exeter — and the showdown with Sarries six days later — after a groin injury ten days ago.

Farrell, 32, injured a hamstring at Northampton on March 29 but Saracens hope medics will clear him for action at the weekend.

If he gets the thumbs-down, Sarries — third in the table — are confident he will be back at Bath.

Coach Kevin Sorrell said: "He is going through normal rehab and will be in and around the team."

PARIS OLYMPICS 2024 100 DAYS TO GO

England expects GB glory

TEAM GB boss Mark England heralded the start of Olympics countdown as he promised: "We will be unstoppable."

The Olympic flame was lit on Mount Olympus and will travel across Greece and France before being delivered to Paris in 100 days.

Chef de mission England unveiled the 33-strong swimming team backed to collect plenty of medals.

England *(right)* said: "You're holding in your hands the hopes and dreams of up to 350 athletes. That's an incredible thing to be part of and to watch athletes that need to bring their A game to a single moment in time.

"But what Team GB does so well is to bring those athletes together, to bring a value-led culture to a team in the way that no other team in the Olympic movement does.

"Whilst we're building an individual team in swimming, they'll go to preparation camps, meet and live with other athletes. And by the time they come to the Games they're best mates and this culture is really strong in Team GB. It's a fantastic and unstoppable momentum."

Games analysts Gracenote predict GB could be third in the table with 65-plus medals.

And that was before the return to potential gold-winning form by swimming star Adam Peaty at the British trials.

There are also high hopes for the rowing, sailing and cycling teams.



FUN 'N GAMES . . . actress Mary Mina lights her torch in Greece during the flame-lighting ceremony for this summer's Paris Olympics

SPLASH THE CASH!

Swim star Richards calls for prize-money rethink

MAKE ME RICH . . . Team GB star Richards wants money and medals in Paris

By MARTIN LIPTON

MATT RICHARDS has urged Olympic chiefs to agree cash payments for ALL Paris 2024 gold-medal winners — to stop athletes from joining the 'drugs cheat Games'.

World Athletics boss Seb Coe sparked controversy when he announced every track and field champ in Paris would earn £40,000.

Prize money is not available for any other sport, and Team GB swim star Richards – the fastest 200 metres freestyler in the world this year – said the situation was unsustainable.

Richards, who is aiming for a British record six medals at a single Games, said: "My position is winning Olympic gold is incredible.

"That's why we do it, as athletes, why we go for years, knowing we're not going to make any money.

"Do I think that's right? Probably not when the Olympics is making the kind of revenue that it makes every four years – crazy money.

"If the IOC steps up and says, 'We'll just put a blanket amount, this is how much the medals are worth across all sports', it would make a lot of athletes happier. We have these Enhanced Games being planned, offering stupid money to athletes to become drugs cheats.

"So, to protect the sport, the governing bodies are going to have to start putting some money up to the athletes to keep them from straying over to things like that.

"There are athletes out there that are pretty much bankrupting themselves to keep that dream of going to the Olympics alive.

"That just feels wrong when it produces so much revenue. It's not an amateur Games any more.

"There are basketball players who are earning hundreds of millions a year. Footballers, tennis players, golfers, in the same position.

"There needs to be something done about it, to protect it."

Richards, 21, will be one of the stars of what Team GB boss Mark England called the "best-ever" British Olympic swimming team.

It includes Adam Peaty – aiming to become just the second Brit after sailor Sir Ben Ainslie to win three straight Olympic golds in the same event, in the 100m breaststroke – Scottish star Duncan Scott and 200m butterfly world champ Laura Stephens.



Ant can deck the Gunners

HARRY KANE and Eric Dier will not be the only Englishmen gunning for Arsenal tonight.

Anthony Barry, who started his coaching career at Wigan, is Bayern Munich's assistant manager and one of the most sought-after coaches in Europe.

The ex-Accrington, Yeovil and Fleetwood midfielder was brought to Germany from Chelsea by Bayern chief Thomas Tuchel, with the pair having worked together at Stamford Bridge

And if Bayern score from a corner or a free-kick against Mikel Arteta's side, that will be down to Barry *(above)*, who is in charge of the team's set-pieces.

Barry will leave the German giants with Tuchel at the end of the season and the offers have already started coming in.

He has turned down a second approach from Ireland to replace boss Stephen Kenny, who was sacked in November.

But Barry, who combined his job at Chelsea with a part-time role for the Irish, will be assisting Roberto Martinez with Portugal at Euro 2024. Barry, who also worked for Martinez with Belgium at the 2022 World Cup, wants to be a manager in his own right, so is waiting for the right offer for next season.

However, he is not the only Englishman currently coaching in the Bundesliga.

Craig Fleming, assistant coach at Southampton for four years under Ralph Hasenhuttl, has linked up with the Austrian to become Wolfsburg's No 2.

LIVERPOOL have been given just 750 tickets for tomorrow's Europa League tie with Atalanta.

To enter the ballot, Liverpool fans had to have bought tickets for 22 of the previous 24 European away games over the last five seasons.

That is some loyalty, whatever team you support.

Meanwhile, Arsenal will have just under 3,800 supporters against Bayern Munich at the Allianz Arena tonight — and they have all paid a relatively affordable £42.80 a ticket.

To watch the first leg at the Emirates, supporters had to fork out between £70 and £103.

If you needed proof of the disparity between English and German ticket prices, here it is.

Blues see red over telly star

A WELL-KNOWN broadcaster did not see the funny side after a telling off in the posh seats at Chelsea.

In an exclusive area behind the home dug-out at Stamford Bridge, he caused a bit of a stir by shouting at the home bench during a game.

The television and radio presenter was told to calm down by security and during the heated exchange, he trotted out the infamous line: 'Do you know who I am?'

The unimpressed official pretended to switch on his lapel microphone and shouted: 'Can I have the welfare department? There is a Chelsea fan who doesn't know who he is.'

TOTTENHAM fans were left frustrated by the cost of the £150 train to get to Newcastle for Saturday's Premier League game.

So a few of Hertfordshire-based supporters found it cheaper to get a bus to Stansted Airport and take a Ryanair flight to Edinburgh (£70 return) before getting a train from Scotland to Newcastle (£40 return).

STAR'S 3 LIONS MISSION

ALL TO PLAY FOR!

But who will help Dele's World Cup dream come true?



THREE LION . . . Dele has just three goals in 37 England appearances

DELE DAYS HIS CAREER TO DATE

		Games	Goals	Assists
2012-2015	MK Dons	88	24	15
2015-2022	Tottenham	269	67	59
2022-	Everton	13	0	0
2022-2023	Besiktas (loan)	15	3	0
2015-	England	37	3	7

By TOM BARCLAY

DELE ALLI has a daily reminder set on his phone telling him that his goal is the 2026 World Cup.

But which club will give him the chance needed to realise that lofty ambition after so long out of the game?

Speaking on Sky Sports' Monday Night Football, Dele seemed serious about returning to the game's pinnacle.

People will scoff but this is a man who faced down unspeakable adversity as a child just to make it as a professional footballer — as he bravely detailed in that bombshell interview with Gary Neville nine months ago.

Consider that plus the fact he has been one of our most natural talents in the last 20 years and a remarkable comeback story does seem possible, if unlikely.

Dele *(right)*, who has 37 England caps to his name, said: "I know my level as a player and what I can get to.

"I know how good I can be when my head is in the right place and I'm feeling good.

"I have a reminder [on my phone] at 11am every day that says, 'World Cup 2026'.

"That's my aim for now."

Dele revealed his target while providing punditry for Everton's 6-0 horror show trip to Chelsea.

It is easy to forget the midfielder is still on the books at the Toffees, given how little he has played for them. A nagging groin injury has prevented him from making a single appearance this season and it is expected that he will leave Goodison Park as a free agent in the summer.

By then he expects to be fully fit but finding a new home will be no mean feat given he has played just 923 minutes in the last two years.

Just 200 of those came at Everton, where he has made only one start and the majority came during a loan move to Besiktas that quickly went sour.

He did manage two goals in Turkey but the last time he hit the back of the net in the Prem came from the penalty spot in Spurs' 1-0 win at Wolves in August 2021.

These numbers do not make good reading for a player who only celebrated his 28th birthday last Thursday.

Ironically, his former club Tottenham might seem a good fit given the kind of attacking style boss Ange Postecoglou likes his team to play.

But a shock return to the North Londoners is not expected given Dele's recent record and with Spurs preferring to sign rising stars over fallen ones. A club like Luton, should they scramble to Premier League survival, may make more sense given what they have done for fellow midfielder Ross Barkley when no one wanted to touch him.

At this moment no offers are understood to be on the table and the probability is that — after such a long time out — Dele will have to prove his fitness in pre-season training to any would-be suitors.

But those close to him genuinely believe his time out injured could actually work in his favour in the long run.

Dele's enforced absence has given him even more time to focus on the personal issues that have held him back and, as he said on MNF, he feels in a much better place mentally.

He started very young at Milton Keynes and then Spurs but does not have excessive miles on the clock as a result of the last 24 months.

The key will be his mindset, of course. Does he have the drive to get back to the top of the mountain, now that he has fallen down to below base camp?

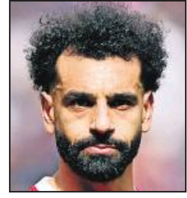
Clubs will be sceptical and know that talk is cheap.

It is one thing to claim in an interview that you will come back at least as good as the player you were before, it is another to actually do it.

As Dele said: "People will be like, 'He hasn't played in a year' but I don't care. I know my level."

Most in the footballing world believe that level to now be several rungs below where it once was.

What a feat it would be if he proved them all wrong.


SALAH . . . fresh start

Time for Mo to go

By KEN LAWRENCE

JURGEN KLOPP'S exit will create the "perfect" moment for Mo Salah to follow him out of Anfield.

Former Liverpool defender Jose Enrique is convinced Salah was ready to go last summer after a £200MILLION bid from a Saudi Pro League club.

That offer was rejected but 38-year-old Enrique believes club and player are now ready to cash in.

He said: "Jurgen is leaving, so it is the perfect time for Salah to go.

"There is a new cycle happening at Liverpool and lots of changes, so it is perfect for him.

"This will likely be the final big contract of his career and if the right offer comes Salah will leave, because I think he was trying last summer."

Anfield's Egyptian king, 31, has one more year on his £350,000-a-week deal to run with no talks in place over an extension.

Spaniard Enrique, talking to Grosvenor Sport, added: "This summer will be the club's last to really cash in on him."


KEITA . . . went home

Bremen KO Keita

By CHARLIE WYETT

NABY KEITA has been banned for the rest of the season by Werder Bremen after REFUSING to travel with the team.

The ex-Liverpool midfielder will not train with the first-team squad and has been fined £85,000.

Keita, 29, who joined the German club on a free transfer in the summer after five years at Anfield, went home after being told he was not going to start away to Bayer Leverkusen on Sunday, a game which Bremen lost 5-0 to make it seven without a win.

And Bremen's head of professional football, Clemens Fritz, blasted: "As a club, we won't tolerate Naby's behaviour.

"He let his team down in a time of difficulty surrounding our recent form and squad availability and put his own interests above those of the team. We can't allow that.

"At this stage of the season, we need full focus on the remaining games and a team who stick together.

"That's why we've been left with no alternative."

Haaland's no Coleden boy

By ANDREW DILLON

ERLING HAALAND is no match for Cole Palmer, according to Chelsea defender Malo Gusto.

Palmer's four goals in Monday's 6-0 rout of Everton made it 20 in the Premier League so far this season – bringing him level with Haaland in the race for the Golden Boot.

And Gusto is in no doubt which of the former Manchester City team-mates he would rather have in his side.

The France right-back *(below)* said: "Cole for sure. We are very happy for him. His performance was top.

"We are very happy to have this type of player.

"He is a top talent, like everyone on the pitch, we are young but we have talent."



Palmer's 16-minute hat-trick against the Toffees featured a classy finish, a poacher's goal and a lob with his weaker right foot – before adding a second-half penalty.

And Gusto said: "He has got confidence right now.

"If he can score this type of goal, it shows he has trust in himself.

"Now we just have to help Palmer to become top scorer."

Gusto believes 21-year-old Palmer – a revelation at Stamford Bridge since his £40million summer switch from City – has to be in Gareth Southgate's England squad for Euro 2024.

He added: "He has big talent and deserves it but it is not my choice. For me, he deserves it for sure!"

Palmer's hopes of finishing as Prem top scorer appear to have been boosted by boss Mauricio Pochettino nominating him as Chelsea's penalty taker.

That followed crazy second-half scenes on Monday when Nicolas Jackson and Noni Madueke wrestled for the ball before Palmer took control.

Poch called the squabble over the 64th-minute penalty "unacceptable".

But it appears there had not previously been a firm instruction from the head coach before his post-match comments on TV.

Gusto, 20, said: "Sometimes this can happen. We are all competitive.

"Nico wants to score, Noni and Cole as well – it's normal.

"It's important to stay together. That's what we did with the 6-0."

The crushing win was a morale-booster ahead of Saturday's FA Cup semi-final against Palmer's old club City at Wembley. Chelsea were beaten by a goal late in extra-time by Liverpool in February's Carabao Cup final.

Gusto added: "The FA Cup is the last cup we can win. We have to take confidence from this week, keep pushing and stay focused for this type of game – and go for the win.

"The last final at Wembley was complicated but we have another chance. We just have to improve, keep pushing and try to win."

Bic-kering Blues bust star's balls!

COLE PALMER poses with physio Steven Hughes — after being pranked by his Chelsea team-mates again!

His previous hat-trick ball was defaced with the words "s* player" and fans spotted this latest one had the message, "I told you you are a s*** player."**

One supporter joked it was "probably Jackson".


SPOT ON . . . Palmer gets his fourth from 12 yards on Monday

OUT OF THE SHADOWS
PALMER v HAALAND IN PREM 2023-24

Palmer		Haaland
28	Games	26
2,087	Minutes	2,185
20	Goals	20
9	Assists	5
82	Shots	102
24.4%	Shot Conversion	19.6%
104	Mins per goal	109


ERLI LEADER . . . Haaland's 20th was a penalty against Luton

LIVERPOOL'S MR VERSATILE
In the Trentches

By CHARLIE WYETT

TAA: DEFENCE MY TOP ROLE

VERSATILE Trent Alexander-Arnold says right-back is where he wants to be — despite starring in midfield.

The Liverpool ace is set to start in the back four against Atalanta in tomorrow's Europa League quarter-final second leg, with Conor Bradley out for three weeks.

TAA missed two months with a knee problem but replaced Bradley after the 20-year-old's ankle injury in Sunday's 1-0 defeat by Crystal Palace.

Reds boss Jurgen Klopp has used Alexander-Arnold in a hybrid role, combining defence and midfield, and as an out-and-out midfielder in the last year.

But, speaking to Sky Bet's The Overlap podcast, Alexander-Arnold insisted: "I'd say I still see myself as a right-back.

"I see myself as someone who can probably play both positions, if needed. But my focus, until I'm told otherwise by the gaffer, is I'm still a right-back.

"I come inside when we have the ball but when you write the teamsheet, I am a right-back."

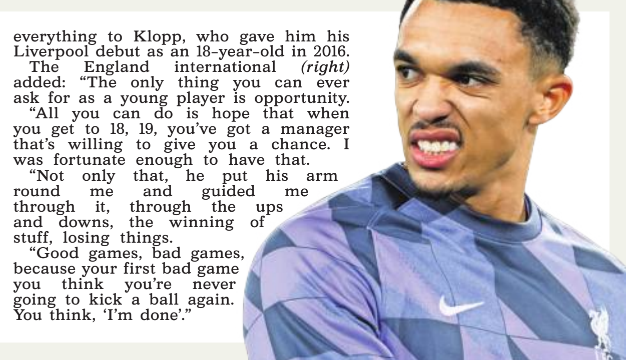
Alexander-Arnold, 25, admits he owes everything to Klopp, who gave him his Liverpool debut as an 18-year-old in 2016.

The England international *(right)* added: "The only thing you can ever ask for as a young player is opportunity.

"All you can do is hope that when you get to 18, 19, you've got a manager that's willing to give you a chance. I was fortunate enough to have that.

"Not only that, he put his arm round me and guided me through it, through the ups and downs, the winning of stuff, losing things.

"Good games, bad games, because your first bad game you think you're never going to kick a ball again. You think, 'I'm done'."





TCHOUAMENI . . . abuse

Jude's so disgusted by racists

By MARTIN BLACKBURN

JUDE BELLINGHAM says the racism faced by black players in the Spanish league is "disgusting".

Real Madrid team-mate Aurelien Tchouameni, 24, was the latest player to be targeted in Majorca at the weekend.

Bellingham was not even aware of it and said that shows how widespread the problem has become.

He said: "I didn't even know. I think in the games where we go away, in LaLiga especially, you almost get so used to it.

"I wasn't even aware of the incident — that's a massive problem in itself.

"More has got to be done, whether it's the punishment and how you react to it or how you move proactively to this kind of thing.

"It's a horrible way for a player to prepare for a game knowing that they are probably going to get racially abused.

"It's disgusting. It shouldn't happen."

The Three Lions star, 20, has called for action to be taken to stamp it out but has no confidence anything will be done.



Vinicius Jr, 23, broke down in tears at a recent press conference when he discussed the racism he has faced.

There are suggestions the Brazil superstar is considering taking time away from the game because of it.

Bellingham added: "The people in power need to do more, especially with Vini in the recent weeks — well, years actually.

"I think the blame gets shifted more on to him because of the way he likes to express himself and that's not fair.

"The game would miss players like Vini if he decided to take a break because of this thing.

"The people in charge need to take control. I doubt that will happen.

"It's going to be something that I imagine we will still have to just deal with going into games.

"You have just got to play your game and hope people look after you."



STUPOR STARS

Silva: We started season with hangover

BERNARDO . . . Treble joy

By MARTIN BLACKBURN

BERNARDO SILVA admits Manchester City began the season with a "hangover".

But now the double Treble is in their sights and just 12 games stand between them and another major knees-up.

Pep Guardiola's men became only the second team in English football history to scoop the big three trophies in June last year.

It felt like a huge moment — but ten months on they have the chance to do it all again.

After weekend defeats for title rivals Arsenal and Liverpool, City now have a record fourth straight Prem title back in their own hands with six matches to play.

And over the next three days they can take a major step forward in retaining both the Champions League and FA Cup.

Bernardo, 29, accepts City took time to click into gear after the highs of last spring as they faced a series of challenges. But the Portuguese — who has been the scourge of tonight's Champions League quarter-final opponents Real Madrid in previous meetings — says they are hungry to sweep the board again.

Asked why they struggled to get going back in the autumn, he said: "There were ups and downs this season. There is always an explanation. It was a mix of different things.

"For a team that won a Treble and came back on a bit of a hangover, to have that hunger to go every three days it is not easy.

"Also we lost players like Ilkay Gundogan and Riyad Mahrez, new players came in and it's not easy to adapt.

"Then we had injured players like Kevin De Bruyne and there was a suspension for Rodri — put everything together and sometimes things are not perfect.

"Our feeling within the team was to fight as much as we could and give ourselves a chance at the end of the season to still fight for all the competitions.

"We were not playing well but we managed to get better and since December we haven't lost a game.

"So we are happy to get to this part of the season to still fight for the three most important competitions."

Bernardo is a key part of a squad that has proved itself time and again, so he always felt they would come good.

Even so, despite the fact City suddenly have the advantage in the title race, there is still a lot of work to do.

He said: "I'm not surprised because this group has proved we are capable of getting to the final month fighting for all competitions.

"Now it is where all the tough things start. It's not easy and that's why only two teams in English football have won the Treble.

"We are very happy to be in this position where we can fight for them again."

City's stars could have been forgiven for putting their feet up after their exploits last season but they have done nothing of the sort.

They are looking to create their legacy by breaking more records and go down as one of the greatest club sides in history.

Bernardo added: "Of course, that's obviously inspiration and motivation.

"If we win two Trebles in a row that would be a legacy.

"To do another Premier League would be six in seven years and four in a row.

"And in the Champions League, apart from Madrid, nobody else has won it consecutively.

"But in one week we could be out of all the competitions

LIKELY LINE-UPS

Manchester City: Ederson; Walker, Stones, Dias, Akanji; Rodri; Foden, De Bruyne, Silva, Grealish; Haaland

Real Madrid: Lunin; Mendy, Rudiger, Nacho, Carvajal; Kroos, Camavinga; Rodrygo, Bellingham, Valverde; Vinicius Jr

FIRE IN THE BELLI

From Back Page

Madrid came in it was a no-brainer really. The size of the club, the project, the plan going forward, the chance to play with such amazing players.

"I just jumped at it. That's why I made my decision."

Bellingham was one of the most sought-after players in world football when it became clear he would be leaving Borussia Dortmund last spring.

City became aware in May that the former Birmingham midfielder had set his heart on a switch to the Bernabeu rather than the Premier League.

Now Bellingham — signed by Madrid for an initial £88.5million last summer — hopes to show he made the right call by sending Pep Guardiola's holders tumbling out of the Champions League at the Etihad tonight.

The quarter-final tie is finely poised after a thrilling 3-3 draw in Spain eight days ago.

And City have since gone top of the Premier League after their victory over Luton and defeats for both Arsenal and Liverpool.

Bellingham, 20, admitted: "I think everyone has spoken about them being favourites.

"They are the Treble winners and an amazing team.

"I'm not a gambler — and I've never been to the bookies. But that's the impression from the outside.

"We are Real Madrid — we are pretty good and we have some brilliant players.

"Internally we are confident and we trust what we have in the dressing room. These are the sort of games I joined for.

"I am really excited and can't wait to get out there and play." Bellingham has no regrets about his decision to snub the Premier League — and hopes England will reap the benefits at Euro 2024 this summer.

JUDE JOY . . . Bellingham and Antonio Rudiger

He also hopes other young talented English players will follow his path and try their luck abroad.

Bellingham said: "I was at Dortmund for three years.

"I took a path that is unfamiliar but I feel grateful every time I go into training.

"It's a good idea for young players to go abroad — and hopefully I am showing that.

"You learn a lot and hopefully I take that with me into the national team."

Bellingham made an explosive start to life in Spain and, while the goals have dried up, he hopes there are still more to come.

He said: "I didn't expect to score this many goals.

"People were asking me when I joined and I just wanted one — but I'm up to 20 now.

"Hopefully I can get more before the end of the season."

v R MADRID

8pm, TNT Sports 1 and talkSPORT (3-3 after 1st leg)

Trebles all round, lads!

SMOKIN' . . . Bernardo (left) joins Grealish and Stones in victory parade while boss Pep (inset) enjoys celebratory cigar

– everything can change again but we are fighting for it."

Bernardo has scored four times in the epic recent matches against Madrid – including two in the 4-0 win at the Etihad in May.

He wants to recreate that spirit in tonight's second leg as City look to book a semi-final spot for a fourth straight season.

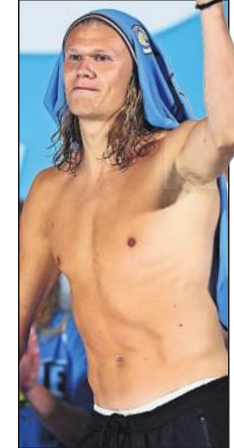
The £43million ex-Monaco playmaker added: "I haven't watched that game back.

"So I only have a feeling about what we did on the pitch that night.

"Maybe that was an apology to our fans for what happened in the semi-final in the Bernabeu the previous year. We wanted to put things right.

"It never happens the same in football again, so I feel Madrid are stronger than last season. And for sure they will want a bit of revenge.

"But we are at home, with our people and we want to go in strongly."



HAALAND . . . big winner

STAND GUARD

By MARTIN BLACKBURN

PEP GUARDIOLA is working all hours to keep Manchester City in the hunt for another Treble — but he would not want it any other way.

Title rivals Arsenal and Liverpool both lost at home at the weekend, meaning favourites City stayed top after their 5-1 win over Luton.

But the Etihad boss is more concerned at finding a way to beat Real Madrid and Chelsea in cup competitions over the next four days.

Asked how he is finding the workload, Pep said: "I'm used to it.

"It's better to be here than not here. I would not complain one second about that.

"You work more days to prepare but it is what it is — 24 hours a day is a lot so you can find a way.

"You have a lot of people to help you because what is important is to take the right decisions. That's what you think more of."

Guardiola says he will not get carried away by the surprise twist in the Prem title race.

He added: "When I was a few points behind I said we had to do our job. It is the same feeling now.

"It's like when we drew against Arsenal last month and the super computer said we had no chance.

"Now we have a chance. We just have to go one game at a time.

"I started to think of the Treble last season when we beat Manchester United in the FA Cup final.

"The success for me this season is we're still there after winning the Treble — we are five weeks away and still in contention."



PS-GLEE . . . Mbappe celebrates his first goal from spot

Mbappe in for the Kyl

By OSCAR PAUL



KYLIAN MBAPPE'S double put Paris Saint-Germain into the semis as Barcelona imploded.

The French star's penalty and late strike downed ten-man Catalans.

Barca held a 3-2 advantage from the first leg and took the lead in Spain – but defender Ronald Araujo and boss Xavi were both sent off.

Xavi said: "When it was 11 v 11, we were organised. The sending off changed the match completely."

PSG's star man Ousmane Dembele, who grabbed the equaliser, said: "Everyone believed we could qualify, even if we lost the first leg 3-2. We knew we were going to score goals here."

Raphinha bundled in Lamine Yamal's cross after just 12 minutes. But Araujo was shown red for clipping Bradley Barcola. And Barcola crossed for Dembele to score just before half-time.

Vitinha's rocket made it 4-4 on aggregate – then Xavi lost the plot and was sent off for protesting.

Joao Cancelo conceded a penalty after fouling Dembele, which Mbappe netted on 61 minutes.

Mbappe bagged his second to set up a clash with Borussia Dortmund.

PSG president Nasser Al-Khelaifi added: "It's magnificent. I saw something that I haven't seen for 13 years and that was everyone fighting for one another."

Sab fab, Jadon

B Dortmund.....4 Atletico Madrid.....2
Borussia Dortmund win 5-4 on aggregate

JADON SANCHO'S Borussia Dortmund edged this topsy-turvy tie — thanks to a howitzer from old Manchester United pal Marcel Sabitzer.

A 74th-minute strike from Sabitzer — on loan at Old Trafford last term — proved the difference while Sancho impressed during his 86 minutes on the pitch.

Dortmund, 2-1 down from the first leg, struck twice in five first-half minutes through Julian Brandt and Ian Maatsen, only for Atletico to turn the tables again through Mats Hummels' own goal and Angel Correa.

Niclas Fullkrug levelled the tie on aggregate before Sabitzer's left-footed rocket took Dortmund through.

Dortmund chief Edin Terzic said: "We were strong and deserved to progress. I'm proud." Atleti coach Diego Simeone admitted: "They were superior."

TUCHEL . . . champion

DNA

From Back Page

quarter-final second leg at the Allianz Arena, the England captain also told his team-mates: We will be failures if we don't win the tournament.

Kane, released by Arsenal's academy as a nine-year-old, declared: "Maybe it was in the back of my mind, being released at a young age.

"I am the type of player who, throughout my career, has had points to prove along the way.

"I don't think that ever leaves you. It will always be in my DNA until I retire. There will always be a reason to prove someone wrong."

Kane, 30, joined German giants Bayern from Spurs last summer in a £104million deal after becoming record 280-goal scorer at Arsenal's bitter rivals.

And he added: "I have history with them but all I can do is help Bayern."

Thomas Tuchel believes six-time European Cup winners Bayern's big-match experience gives them the edge tonight.

Five players in the Bayern manager's starting XI that earned a 2-2 first-leg draw contained five players who have won the Champions League.

In comparison, Kai Havertz and Jorginho are the only Gunners to have held the famous trophy aloft — and that was under Tuchel when they were at Chelsea in 2021.

Tuchel said: "We have a slight advantage with the experience in our team. We have players who have won it.

"But to make it an advantage we have to bring it to the table. Nobody will give anything to us.

"If the experience brings us an extra five per cent then we will take it."

Bayern will be missing Serge Gnabry (hamstring), Alphonso Davies (banned) and Kingsley Coman (adductor) this evening.

Arsenal will make late checks on Bukayo Saka and Martin Odegaard but both are expected to start.

IT'S BEEN A WHILE

ARSENAL'S LAST CL SEMI-FINAL

2008-09	Man Utd	L4-1

BAYERN'S SINCE THEN

2009-10	Lyon	W3-0
2011-12	R Madrid	D3-3*
2012-13	Barcelona	W7-0
2013-14	R Madrid	L5-0
2014-15	Barcelona	L5-3
2015-16	Atl Madrid	D2-2**
2017-18	R Madrid	L3-4
2019-20	Lyon	W3-0***

*won on pens; **lost on away goals; ***one tie only

Arteta fired by running choke



SO is this the time of year when Arsenal bottle it?

From DAVE KIDD in Munich

When they choke and chuck away a season's worth of excellent work?

Last April, a four-match winless streak torched their hopes of winning the Premier League crown.

And Sunday's 2-0 home defeat by Aston Villa ceded their advantage in another title race.

Mikel Arteta knows the narrative, he understands the accusations.

And tonight, against Bayern Munich in the Allianz Arena, he will challenge his team to tear up the charge sheet and take the Gunners into a first Champions League semi-final since 2009.

Arteta said: "It would be unbelievable to win this tie.

"If we make it happen tomorrow and we're in the semi-final, we'll be in a really high emotional state with something we haven't achieved in 15 years and that's the opportunity.

"I cannot control what people say about us. I cannot take their phones and TVs away."

Arteta would not swap last season despite ultimately finishing second to Manchester City and said: "We didn't lose anything last year because we didn't win anything.

"First of all you have to win it and then you can lose it.

"We had an unbelievable journey against the best team in the world here and in Europe in the last seven years and this is where we want to be.

"We are not satisfied and we want to be better and that's the level we are competing with."

After last week's 2-2 draw at the Emirates, Arteta claims his side are confident they can defeat the fallen Bundesliga champions, who gave up their crown to Bayer Leverkusen this week after an 11-year reign.

The Arsenal boss said: "Most of our players haven't experienced a night like this, this is going to be the first one.

"They are super-motivated, they are prepared, they feel confident.

"It is something we are going to have to show against an opponent that has this experience.

"We need a performance that puts us in the Champions League semi-final.

"All the preparation has been to achieve that. We have earned it for ten months and everything we did last season as well, to start our journey in the Champions League after so many years.

"Here, we have an unbelievable opportunity to make it happen."

Arteta is a close friend of Leverkusen boss Xabi Alonso and has spoken to his fellow Basque to congratulate him on an astonishing title success.

But he claims he has not sought advice on how to combat Bayern.

He said: "Big congratulations to Xabi and Granit Xhaka – he was our player.

"I'm so happy for them and very impressed with what they have done.

"I congratulated Xabi because we are good friends but this is a different story.

"We don't face Bayern regularly and it's a Champions League tie, so the game is very different."

Arteta defended Ukrainian full-back Oleksandr Zinchenko *(left)* from the abuse he has received from some Arsenal fans after a poor run of form.

He added: "We love Alex. He has given us a lot and is a player with different qualities with an unbelievable courage to play football in his circumstances.

"We always demand our fans give our players support because then they are going to perform better."

KANE'S NO

Harry out to show



WHAT A HARRY ON . . . Kane larks about with Bayern No 2 Zsolt Low

From JORDAN DAVIES in MUNICH

A LOT is resting on the broad shoulders of Harry Kane at the Allianz Arena tonight.

And Bayern Munich's star striker admits their season will be a complete flop if they crash out of the Champions League – their last stab at a trophy.

Arsenal fans are gleefully waiting to stick the knife deeper into Kane should the Gunners prevail in their quarter-final at the expense of the former Tottenham star.

Of course, Kane has still not won a trophy during his career.

For most players, that expectation and pressure would be overwhelming.

But the fire inside the 30-year-old burns brighter with each demand that is placed upon him.

Kane has very little to prove. He is Spurs and England's all-time record goalscorer and has 39 goals from 39 games in all competitions this term since his £104million switch to Bayern last summer. But that trophy-hunting move has so far backfired.

For the first time in 11 seasons, Bayern have missed out on the Bundesliga title which Bayer Leverkusen clinched on Sunday. They also lost the German Super Cup 3-0 to Leipzig in August and were knocked out of the German Cup by minnows Saarbrucken in November.

The Bavarian giants welcome Arsenal to the Allianz tonight for the second leg with the quarter-final tie in the balance after a 2-2 draw at the Emirates.

Kane said: "From the club's point of view, it will be a failed season if we don't win anything this year because

v ARSENAL

8pm, TNT Sports 2 and talkSPORT (2-2 after 1st leg)

in association with



ALL TO PLAY FOR . . . Mikel Arteta hopes Bayern's Allianz Arena can be the scene of a famous win for Arsenal

MOTIVATION . . . boss Arteta gives a team talk yesterday

LIKELY LINE-UPS

Bayern: Neuer; Kimmich, Dier, De Ligt, Guerreiro; Goretzka, Laimer; Sane, Muller, Musiala; Kane

Arsenal: Raya; White, Gabriel, Saliba, Kiwior; Odegaard, Jorginho, Rice; Saka, Havertz, Martinelli

FLOP IDOL

his doubters he can win a trophy

we're expected to win – it has been a disappointing season for us.

"We are an honest group and we know we have not reached the standards that we need to, as a team.

"We have a great opportunity in front of our fans to keep the season alive and keep some hope among the fans."

Kane's desire to succeed stemmed from the moment he was axed from Arsenal's academy as a nine-year-old, something he used to galvanise him in North London derbies during his Tottenham days. Not any more.

Kane added: "I know there will be a lot of Spurs fans watching, hoping Bayern go through but I can't focus on that.

"All I can do is try to beat the team in front of us and that's Arsenal.

"It was one of the biggest games of the season for pretty much my whole career.

"It was always a big occasion, big moment. Maybe it was in the back of the mind, being released at a young age and there was always a point to prove. But for me here, it's a different chapter, a different moment. I don't think specifically back to it now."

Kane has far more important things on his plate, like single-handedly dragging Bayern through one of their worst periods for over a decade.

Yet, through all the misery, Kane has become the club's shining light.

The English poster boy at the heart of German football.

He brings the calm and consistency amid a raging, destructive storm.

Kane said: "Where I'm at in my career, people expect a different level from me in every game that I play and that comes with goals and assists.

"But also, an all-round performance using the leadership and experience that I've had throughout my career to help the team.

"I always expect a lot from myself, I always scrutinise myself more than anyone else could and hopefully I can put in a good performance. I'll be ready for anything that might come."

Kane finds himself in uncharted territory right now.

Finishing second in the league and reaching the last eight of the Champions League would be seen as a successful season at Spurs.

But Kane knows that mindset is no good at Bayern, where it is a full blown crisis. He added: "We can keep the season alive and keep some hope among the fans that we can achieve something special, even though it has not been the greatest of seasons.

"But there is a process into winning, a process into the individual and the team.

"You want to improve as a player every year, you want to get better, you want to show the world your capabilities and you want to push yourself to the very limits.

"All you can do is take that into next year and try to turn that around."

HOT-SHOT HARRY

HARRY KANE has hit the goal trail for Bayern — with more goals than Arsenal's front three combined.



KANE IN 2023-24	GAMES	GOALS
	39	39

ARSENAL'S FRONT THREE

	GAMES	GOALS
B Saka	41	18
K Havertz	44	10
G Martinelli	37	8
Total	122	36



COE . . . task force boss

Seb's Old Trafford ambition

SEBASTIAN COE oversaw the first meeting for the proposed redevelopment of Old Trafford.

Coe, who headed the successful London 2012 Olympic bid, said he is "excited" to be part of the project.

The 67-year-old is chair of the task force alongside other senior figures at Manchester United.

He said: "I chaired the first meeting of the Old Trafford regeneration task force to kick off a conversation about how development of a world-class football stadium can deliver social and economic benefits.

"I am excited to be part of this project.

"This meeting marked the start of a multi-stakeholder process to explore options for the stadium and surrounding area.

"We are at the start of this journey and too soon to know where it will lead.

"But we will consult closely with fans and local residents and keep everyone informed of progress."



MARINAKIS . . . owner

Forest tic off fans with rise

By CLIFF HAYES

NOTTINGHAM FOREST announced a huge 24 per cent hike in season ticket prices for next season — even if they are relegated.

Owner Evangelos Marinakis appears out of step with fans over this issue.

Last month the Nottingham Forest Supporters' Trust pleaded with the club NOT to bump up prices to "repay the loyalty".

But chairman Tom Cartledge said: "We aspire to keep our season cards amongst the most affordable in the league.

"But it is imperative we continue to grow financially in order to remain competitive."

Their dearest adult season ticket will rise from £660 to £850 and a kid's will more than double from £90 to £190.

Forest are one point above the drop zone after being docked four for breaching financial rules but are appealing.

The rises are expected to generate £2million.







COLE NO GOAL DIGGER

By CHARLIE WYETT

SCORING sensation Cole Palmer is NOT getting a penny extra in goal bonuses.

Chelsea's £42.5million summer signing has hit 20 Prem goals this season and is level with former Manchester City team-mate Erling Haaland in the race for the Golden Boot.

Yet playmaker Palmer *(right)*, 21, was not bothered about insisting on a goal bonus when signing his £80,000-a-week, seven-year Blues deal last September.

Palmer balls-up — Page 47



CHAMPIONS LEAGUE BLOCKBUSTERS

Kane: Always a point to prove vs Gunners

REAL DEAL . . . Jude Bellingham training at the Etihad last night ahead of facing Manchester City

FIRE IN THE BELLI

GUNNER GET YOU . . . Bayern striker Kane warms up for clash with old rivals Arsenal

Real over City was 'no-brainer' for Jude

B Munich v Arsenal 2-2 after first leg
8pm, TNT Sports 2 & talkSPORT

From JORDAN DAVIES in Munich

BAYERN MUNICH striker Harry Kane has warned Arsenal he is ready to KO their Champions League dream.

The former Tottenham star admits being rejected by the Gunners as a kid sparked his "point to prove" mentality which will "always be in my DNA". And on the eve of tonight's

Turn to Page 50

Man City v R Madrid 3-3 after first leg
8pm, TNT Sports 1 & talkSPORT

By MARTIN BLACKBURN

JUDE BELLINGHAM says it was a 'no-brainer' for him to join Real Madrid over tonight's opponents Manchester City.

The Treble winners were among a host of clubs chasing the signature of the Three Lions star last year and the Real midfielder said: "I had conversations with other teams but when

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Deo can Excel for Fry

By TEMPLEGATE (Steve Mullen)

IN EXCELSIS DEO (2.40 Cheltenham, nap) had more traffic problems than punters stuck in the car park at the Festival — but can get his head in front today.

Harry Fry's six-year-old came from a mile back in the Ultima to finish fifth and had plenty more in the tank four lengths behind the winner.

Hopefully Jonathan Burke can get him into a better rhythm in this much smaller field and the handicapper has left his mark alone.

OTTOMAN FLEET (3.00 Newmarket, nb) went close in a Meydan Group 1 earlier this year and can repeat last year's win in the Earl Of Sefton Stakes for Charlie Appleby.

This son of Sea The Stars goes on any ground and we know trip and track are right up his street. His HQ form figures read 1211.

William Buick can kick off a profitable day on ORAZIO (1.50 Newmarket, treble).

The sprinter is another defending last year's win and warmed up with a good third at Doncaster last month. He drops in grade this afternoon and will be hard to stop.



MAX POWER . . . I Am Maximus

Max top of the Form

By TOM PEPPER

I AM MAXIMUS' Aintree win has been rated the BEST Grand National run in the last 25 years.

Racing form bible Timeform have given him a rating of 167 after his seven-length romp at Aintree.

You have to go back to 1998 to find a better run. Suny Bay earned a 171 rating after his heroic second to Earth Summit carrying top weight and giving the winner two stone.

Only six finished that day — a far cry from last Saturday's watered-down affair with wishy-washy smaller fences, a reduced field, no fallers and 21 finishers. I Am Maximus beat the mark Timeform gave to Tiger Roll (165) when he won his second National in 2019. It was even rated better than legendary Many Clouds who was given a 164 mark for his brave win under 11st 9lb in 2015.

There has been talk of a Cheltenham Gold Cup but Timeform reckons I Am Maximus still has a stone to find with Galopin Des Champs (181).

THE Favourite

HOME OF RACING

Wednesday, April 17, 2024

in association with CORAL

FREE WITH THE Sun

FIRST DANCE

Will and Ryan clash as big guns get going

GWYN TO BATTLE . . . Classic hopefuls Dance Sequence and Matrika (left) clash in the Nell Gwyn

By CALLUM JAMIESON

WILL BUICK hopes to Dance to victory at Newmarket — and strike an early blow in his battle with old rival Ryan Moore.

Godolphin's main man gets the leg-up on **Dance Sequence** for his gaffer Charlie Appleby in today's 1,000 Guineas trial, the Group 3 Nell Gwyn at 3.35.

The only danger looks to be **Matrika** for Ballydoyle boys Aidan O'Brien and Moore.

Those two will be keen to keep an eye on their rivals ahead of next month's big one back at Newmarket where Ylang Ylang is their No1 hope.

Dance Sequence is two from two and already just 5-1 for the fillies' Classic on May 5 having been well supported this week. Appleby said: "Dance Sequence has done very well over the winter.

"She has already won over the course and distance in the Oh So Sharp Stakes and looks the one to beat again."

Moore, who was back in action on turf on home soil yesterday, said: "Dance Sequence has looked good in both her starts but I don't think my filly is far behind her, if at all.

"Aidan has his horses in good nick and, while she has plenty of speed, she will get the extra furlong okay. There some nice ones in the race – this isn't a straight match."

RIVALS . . . Ryan Moore and Will Buick

Favourite HOME OF RACING FIRST PAST THE POS

NEWMARKET ON ITV4: 1.50, 2.25, 3.00 & 3.3

1.50 WEATHERBYS APP HANDICAP (Class 2) value to winner £25,770; 6f (20 runners)

1 26212- **SIGNIFICANTLY 186 (P;D)**
(7) J Camacho 6-9-9 . . . . Ryan Sexton 95
Runs: 31 Wins: 5 (S,A,GS,2G) Places: 11 £283,012
Consistent and loves a big field, trip suits, solid each-way player

2 1600-3 **ORAZIO 25 (BF,CD)**
(10) C Hills 5-9-9 . . . . William Buick 96
Runs: 10 Wins: 3 (S,GS,G) Places: 1 £46,831
Ran cracker in Listed latest, trip and track ideal, won this last year

3 20763/ **GREAT AMBASSADOR 599 (BF,D)**
(16) E Walker 7-9-9 . . . . Tom Marquand —
Runs: 18 Wins: 4 (2F,2A) Places: 7 £147,558
Group performer before his layoff, trip fine, entitled to need this run

4 1-5313 **CHIPSTEAD 19 (P;D)**
(19) R Teal 6-9-8 . . . . Jim Crowley 95
Runs: 33 Wins: 8 (S,2A,3F,2G) Places: 7 £187,071
Solid form on AW, likes this trip, on fair mark, yard in decent form

5 144-66 **ABERAMA GOLD 19 (V;D)**
(15) D O'Meara 7-9-6 . . . . Kieran Shoemark 96
Runs: 69 Wins: 12 (2F,5S,3A,2G) Places: 9 £368,948
Fit from AW but has been below par, trip suits, getting on a bit now

6 14/07- **BAREFOOT ANGEL 263 (D)**
(6) R Fahey 4-9-4 . . . . Oisin Orr 91
Runs: 6 Wins: 2 (2G) Places: 1 £38,405
Group 3 winner over this trip, long layoff, not the easiest comeback

7 352/1- **WALLOP 366 (D)**
(17) R Hannon 4-9-4 . . . Alec Voikhansky (3) 93
Runs: 4 Wins: 1 (A) Places: 2 £12,130
Won lesser race on AW over this trip, long absence, more needed

8 4-0528 **SUMMERGHAND 19 (V;CD)**
(14) D O'Meara 10-9-4 . . . . Daniel Tudhope ●99
Runs: 92 Wins: 17 (2S,8F,5A,2G) Places: 22 £615,039
Classy in his prime, coming down weights, trip ideal, be on premises

9 7506-3 **ALEEZDANCER 24 (BF,D)**
(1) K Ryan 5-9-2 . . . . Neil Callan 95
Runs: 25 Wins: 5 (2S,3GS) Places: 4 £54,991
Good comeback run at Donny, trip suits, bit of cut would be ideal

10 34136- **DARK THIRTY 194 (D)**
(9) R Hannon 4-9-2 . . . . Sean Levey 95
Runs: 17 Wins: 3 (3G) Places: 3 £75,143
Pick of recent form over 7f, on fair mark, yard made good start to season

11 95169- **GLENFINNAN 193**
(2) M Dods 4-9-2 . . . . Connor Beasley 95
Runs: 9 Wins: 2 (2G) Places: 1 £40,753
Solid last season, best over 7f so far, debut for new trainer here

12 51803- **RAATEA 215 (H;D)**
(4) J Camacho 7-9-1 . . . . Rossa Ryan 95
Runs: 26 Wins: 4 (2F,2A) Places: 6 £78,681
Only 2lb above last win, trip suits, fast ground best, each-way shout

13 3105-0 **WOBWOBWOB 24 (V;C,D)**
(5) A Keatley 6-8-12 . . . . Mark Winn (3) 96
Runs: 34 Wins: 5 (2S,2GS,G) Places: 8 £109,451
Dropped down weights, trip fine, fit from comeback, needs more

14 7346-2 **WOVEN 24 (D)**
(11) M Dods 8-8-11 . . . . Clifford Lee 95
Runs: 44 Wins: 3 (S,GS,G) Places: 17 £161,595
Just pipped on comeback, trip fine, goes on ground, contender

15 -11152 **JUST A SPARK 19 (D)**
(18) B Millman 4-8-10 . . . . David Probert 91
Runs: 18 Wins: 7 (6A,GS) Places: 3 £92,647
Good on AW but at lower levels, gone up weights, must improve

16 426403 **BALDOMERO 10 (V)**
(8) M Appleby 6-8-10 Frederick Larson (3) 98
Runs: 40 Wins: 2 (2A) Places: 18 £151,906
Not won for a while, decent run in mud last time, all wins on the AW

17 151-30 **SOLRAY 19 (D)**
(12) J Chapple-Hyam 4-8-8 . . . . . David Egan 90
Runs: 7 Wins: 2 (2A) Places: 2 £14,039
Fair AW form at lower levels, trip suits, needs to raise his game here

18 22-423 **AL FARABI 36**
(3) R Varian 4-8-8 . . . . . . Silvestre De Sousa 91
Runs: 7 Wins: 1 (A) Places: 4 £20,798
Keeps hitting the frame on AW, still early days, yard going well

19 73432- **KATEY KONTENT 195**
(20) C Cox 4-8-8 . . . . Richard Kingscote 95
Runs: 9 Wins: 2 (2F) Places: 3 £27,089
Some promise over this trip last season, fair mark, could improve

20 75312- **ABATE 200 (CD)**
(13) A Nicholls 8-8-8 . . . . Mia Nicholls (5) 97
Runs: 56 Wins: 10 (S,2F,GS,6G) Places: 13 £94,279
Won on last visit here but at lower level, trip suits, place hope

BETTING: 9-2 Orazio, 8 Aleezdancer, Al Farabi, Significantly, 10 Raatea, Wallop, 12 Just A Spark, Katey Kontent, 14 Great Ambassador, Woven, 16 Chipstead, Abate, 20 Dark Thirty

WHERE FAVOURITES FINISHED: 3 abd 6 1 2-6

2023: Orazio 4-8-12, W Buick 9-1 (C Hills), drawn 8, 11 ran.

Sunracing FORM

SIGNIFICANTLY (9-3) 11-2 in touch, led 1f out, headed run-in, kept on, btn 1¾l by Montassib (9-9) **ALEEZDANCER** (8-9) 12-1 chased leader, ridden 2f out, kept on, 6th (btn 7l) **ABERAMA GOLD** (9-3) 20-1 tracked leaders, ridden 2f out, weakened, 10th (btn 9l) **SUMMERGHAND** (9-12) 28-1 rear, never figured, 14th (btn 10l) **WOBWOBWOB** (8-13) 7-2 fav ridden 2f out, faded, 18th (btn 15l) (22 ran) (York 6f hcap (2) £51,540 soft).

ORAZIO (9-10) 3-1 jt fav close up, headway 1f out, kept on one pace, 3rd of 7 (btn 1½l) to Montassib (9-10) (Doncaster 6f Listed (1) £34,026 soft).

GREAT AMBASSADOR (9-3) 3-1 fav led final 110 yards, hard ridden and hung badly left, headed finish, 3rd of 9 (btn ½l) to Sam Maximus (9-0) **SUMMERGHAND** (9-3) 9-2 headway 1f out, held, 5th (btn 2½l) (Newmarket 6f Listed (1) £29,489 good).

CHIPSTEAD (9-2) 33-1 mid-division, headway 2f out, switched 1f out, every chance, 3rd of 14 (btn 3½l) to Fivethousandtoone (9-0) **ABERAMA GOLD** (9-0) 18-1 headway 2f out, kept on, 6th (btn 5l) **SUMMERGHAND** (8-12) 25-1 rear, not clear run 1f out, hampered again, switched and kept on, 8th (btn 7¼l) **SOLRAY** (7-13) 9-1 ridden 2f out, beaten, 12th (btn 11l) (Newcastle 6f hcap (2) £77,310 AW).

ABERAMA GOLD (8-12) 7-1 led run-in, always doing enough, bt Manila Scouse (8-5) nk **SUMMERGHAND** (9-10) 10-1 midfield, shaken up 3f out, ran on, 4th (btn 1¾l) **BAREFOOT ANGEL** (9-5) 11-1 prominent, ridden 3f out, one pace, 7th (btn 4l) (15 ran) (York 6f hcap (2) £33,501 good).

WALLOP (9-4) 8-13 fav shaken up 3f out, led 2f out, always doing enough, bt Almaty Star (9-4) nk (10 ran) (Kempton 6f nov (5) £3,780 AW).

WOVEN (9-2) 11-2 pushed along 3f out, headway and switched 1f out, stayed on, just held, btn sh hd by Knebworth (8-8) **ALEEZDANCER** (9-2) 9-2 fav rear, headway and switched 1f out, kept on, 3rd (btn 1¼l) **WOBWOBWOB** (9-6) 9-1 never a threat, 12th (btn 9¼l) (14 ran) (Doncaster 6f hcap (3) £10,800 soft).

DARK THIRTY (9-2) 14-1 good headway under pressure 1f out, kept on finish, 6th of 16 (btn 4l) to Rohaan (9-12) (Ascot 6f hcap (2) £23,193 good).

GLENFINNAN (8-13) 14-1 one pace, 9th of 17 (btn 4¼l) to Atrium (9-3) (Ascot 7f hcap (2) £92,772 good).

RAATEA (9-1) 20-1 stayed on one pace, 3rd of 12 (btn 1¾l) to Baradar (9-9) (Doncaster 6f hcap (2) £25,770 soft).

JUST A SPARK (8-10) 8-1 led, ridden 1f out, stayed on, headed finish, btn 1l by Cloud Cover (9-1) (9 ran) (Newcastle 7f hcap (2) £77,310 AW).

BALDOMERO (8-5) 22-1 outpaced in rear, headway 1f out, ran on, 3rd of 11 (btn 1l) to Blind Beggar (8-3) (Bath 5f hcap (2) £38,655 heavy).

AL FARABI (9-6) 7-2 tracked leaders in centre, stayed on final furlong, 3rd of 9 (btn 3¾l) to Grand Traverse (9-11) (Newcastle 6f hcap (4) £7,851 AW).

KATEY KONTENT (9-10) 7-1 rear, headway 2f out, ridden to challenge 1f out, kept on finish, btn ½l by Under The Twilight (9-10) (13 ran) (Salisbury 6f hcap (4) £5,888 soft).

ABATE (8-6) 14-1 led until final furlong rallied and stayed on, game, btn hd by Dare To Hope (8-4) (13 ran) (Ripon 6f hcap (2) £20,616 good).

TEMPLEGATE'S VERDICT

1.50

ORAZIO won this 12 months ago and warmed up for a repeat with a good third in a Doncaster Listed last time. Dropping into a handicap can get his head back in front. **Significantly** did nothing but improve last season and likes a big field. He's creeping up the weights but could improve again. **Al Farabi** looks capable of improvement after some good runs on the all-weather. SDS could bounce him out in front from a low draw and take a fair bit of catching. **Dark Thirty** ended last season with a good run at Ascot and is back from the same mark with every chance. **Aleezdancer** shaped well at Donny and can figure if handling the better ground.

2.25 BET365 FEILDEN STAKES (LISTED) (1) 3-Y-O; £31,190; 1m 1f (10 runners)

1 13- **AMBIENTE FRIENDLY 186 (H)**
(5) J Fanshawe 9-2 . . . . . Callum Shepherd 92
Runs: 2 Wins: 1 (GS) £14,556
Impressive win on debut, shaped well in a Grp 3 last time, placings

2 4219- **CAVIAR HEIGHTS 200**
(9) K Burke 9-2 . . . . Clifford Lee 87
Runs: 4 Wins: 1 (G) Places: 1 £18,871
Left Andrew Balding after heavy Grp 2 defeat, lots to prove on return

3 6-1 **EL CORDOBES 98**
(4) C Appleby 9-2 . . . . William Buick 98
Runs: 2 Wins: 1 (A) £4,320
Cost £2million, just the type to improve for turf switch, obvious appeal

4 412- **GASPER DE LEMOS 186**
(2) A O'Brien (Ire) 9-2 . . . . Ryan Moore 97
Runs: 3 Wins: 1 £22,975
Ground too soft in course Grp 3, remains a good prospect, in the mix

5 1- **IMMORTAL KNIGHT 133**
(3) R Varian 9-2 . . . . Silvestre De Sousa 91
Runs: 1 Wins: 1 (A) £3,672
Created a good impression on winning debut, could be anything, e-w

6 17- **JAYAREBE 199**
(8) B Meehan 9-2 . . . . Sean Levey 94
Runs: 2 Wins: 1 (F) £4,320
Debut winner wasn't disgraced in a Grp 1, must improve, not out of it

7 521-1 **NARKEZ 22**
(6) A Fabre (Fr) 9-2 . . . . Mickael Barzalona ●99
Runs: 4 Wins: 2 (S) Places: 1 £30,758
French raider, decimated rivals on return at Saint-Cloud, dangerous

8 116- **NATIVE AMERICAN 199**
(1) R Fahey 9-2 . . . . James Doyle 95
Runs: 3 Wins: 2 (F) £143,543
Won valuable sales race at The Curragh, can improve for new trip, e-w

9 3915- **QUATRE BRAS 245**
(10) J Chapple-Hyam 9-2 . . . . David Egan 82
Runs: 4 Wins: 1 (A) Places: 1 £7,284
Limitations exposed in poor run at Salisbury last time, best watched

10 21- **WHIP CRACKER 181**
(7) R Hughes 9-2 . . . . Jim Crowley 84
Runs: 2 Wins: 1 (A) Places: 1 £6,260
Entitled to win at Chelmsford last time, needs lots of progress, best left

BETTING: 15-8 Narkez, 9-2 El Cordobes, 7 Ambiente Friendly, Gasper De Lemos, 10 Jayarebe, Immortal Knight, 12 Whip Cracker

WHERE FAVOURITES FINISHED: 5 abd 3 2 5

2023: Canberra Legend 9-2, D Muscutt 15-2 (J Ferguson), dr 1, 9 ran.

Sunracing FORM

AMBIENTE FRIENDLY (9-3) 16-1 led until 1f out, plugged on, 3rd of 7 (btn 5½l) to Ancient Wisdom (9-3) (Newmarket 1m Grp 3 £34,026 soft).

CAVIAR HEIGHTS (9-2) 14-1 every chance, faded 2f out, last of 9 (btn 7¼l) to Ghostwriter (9-2) (Newmarket 1m Grp 2 (1) £70,888 good to firm).

EL CORDOBES (9-7) 6-5 fav led 1f out, quickened to go clear, readily, bt Morning Light (9-2) 2l (10 ran) (Kempton 1m nov stks (5) £4,320 AW).

GASPER DE LEMOS (9-4) 11-5 tracked winner, outpaced final 2f, btn 5½l by Arabian Crown (9-4) (4 ran) (Newmarket 1¼m Grp 3 £34,026 soft).

IMMORTAL KNIGHT (9-7) 4-1 went 2nd 1f out, ran on well, led finish, bt Fighter Command (9-7) 1l (10 ran) (Kempton 1m nov (5) £3,672 AW).

NATIVE AMERICAN (8-13) 12-1 tracked leaders, ridden 2f out, no extra, 6th of 11 (btn 6l) to Rosallion (8-13) **JAYAREBE** (8-13) 10-1 headway 3f out, soon ridden and one pace, 7th (btn 6l) (11 ran) (Longchamp 7f Grp 1 £202,265 good to soft).

NARKEZ (8-13) 11-4 challenged 2f out, soon led and went clear, easily, bt Supercooled (8-13) 6½l (6 ran) (Saint-Cloud 1m 3yo stk £12,174 heavy).

QUATRE BRAS (9-3) 14-1 rear, pushed along 3f out, one pace, 5th of 7 (btn 10l) to Arabian Crown (9-3) (Salisbury 1m Listed (1) £22,684 good).

WHIP CRACKER (9-7) 2-7 fav tracked leader, going well, led 2f out, ridden clear 1f out, hands and heels, very easily, bt Wonder Smile (9-7) 6l (7 ran) (Chelmsford 7f nov (5) £3,725 AW).

TEMPLEGATE'S VERDICT

2.25

EL CORDOBES is bred to be a superstar and was an easy winner at Kempton last time out in January. This is clearly much tougher but he should appreciate this longer trip and has more to come. **Native American** wasn't disgraced in a Longchamp Group 1 when last seen and is bred to improve over this distance. **Gasper De Lemos** was second in the Zetland here in October and Aidan O'Brien will have him ready for this comeback. French colt **Narkez** showed his class at Saint-Cloud last month. That was on soft ground and he'll be a major player if handling these quicker conditions. **Ambiente Friendly** ran well in a Group 3 here in October and is another with a bright future.

3.00 BET365 EARL OF SEFTON STAKES (GRP 3) winner £48,204; 1m 1f (10 runners)

1 2116-8 **ASTRO KING 53 (CD)**
(2) D & C Kubler 7-9-2 . Richard Kingscote 94
Runs: 21 Wins: 5 (3F,2A) Places: 7 £290,204
Smart handicapper, midfield in two Middle East Grp 2s, place material

2 1443-0 **BLANCHLAND 19 (B★)**
(6) J Chapple-Hyam 4-9-2 . . . . Rossa Ryan 80
Runs: 11 Wins: 2 (2A) Places: 3 £68,812
Has struggled since handicap win at Newcastle, blinkers tried, best left

3 52-647 **CLAYMORE 19 (C)**
(5) J Chapple-Hyam 5-9-2 . . . Pat Cosgrave 82
Runs: 12 Wins: 2 (S,F) Places: 2 £105,286
Handicap run last time suggests he's not improving anymore, avoid

4 11214- **EMBESTO 200**
(9) R Varian 4-9-2 . . . . James Doyle 98
Runs: 5 Wins: 3 (F,2G) Places: 1 £59,342
Followed Grp 3 win with good effort in France, still unexposed, player

5 23990- **HI ROYAL 179**
(4) K Ryan 4-9-2 . . . . Neil Callan 90
Runs: 8 Wins: 1 (G) Places: 3 £167,355
2nd in last year's 2,000 Guineas, well beaten three times since, risky

6 22141- **NOVUS 187 (C)**
(3) G Moore 4-9-2 . . . . Tom Queally 91
Runs: 11 Wins: 4 (4S) Places: 2 £100,202
Capped off productive year with course Grp 3 win, can out-run odds

7 133-28 **OTTOMAN FLEET 54 (CD)**
(8) C Appleby 5-9-2 . . . . William Buick ●99
Runs: 15 Wins: 4 (S,F,GS,G) Places: 9 £394,533
Talented, won this last year and also took a Group 2, Fleet could sail in

8 13324- **REGAL REALITY 151 (BF,D)**
(10) Sir M Stoute 9-9-2 . . . . Ryan Moore 97
Runs: 32 Wins: 6 (S,3F,GS,G) Places: 6 £472,512
Smart, goes well fresh and has a good record under Moore, chance

9 10115- **ROYAL RHYME 179 (T;C)**
(1) K Burke 4-9-2 . . . . Clifford Lee 98
Runs: 8 Wins: 4 (3S,GS) Places: 1 £148,706
Lightly raced, ran a cracker in the Champion Stakes at Ascot, appeals

10 524-30 **THE FOXES 53 (C)**
(7) A Balding 4-9-2 . . . . David Probert 87
Runs: 11 Wins: 3 (2F,G) Places: 2 £398,294
Strong stayer, yard in good form but he's more exposed than most, e-w

BETTING: 11-4 Royal Rhyme, 4 Ottoman Fleet, 5 Embesto, 13-2 Regal Reality, 8 Astro King, 10 The Foxes, Hi Royal, 14 Novus

WHERE FAVOURITES FINISHED: 1-4-9 abd 4 1 1

2023: Ottoman Fleet 4-9-2, W Buick 6-4 Fav (C Appleby), dr 6, 7 ran.

Sunracing FORM

ASTRO KING (8-13) 16-1 in touch, ridden 2f out, no extra, 8th of 13 (btn 4½l) to Spirit Dancer (8-13) **THE FOXES** (8-13) 6-1 ridden 3f out, no danger, faded, last (btn 9l) (Riyadh 1¼m Grp 2 £882,352 good to firm).

CLAYMORE (9-9) 33-1 held up, ridden 2f out, kept on, 7th of 14 (btn 5¼l) to Elegant Man (9-12) **BLANCHLAND** (9-9) 17-2 12th (btn 9l) (14 ran) (Newcastle 1¼m hcap (2) £103,080 AW).

EMBESTO (8-11) 7-2 keen, led until 2f out, kept on, 4th of 10 (btn 2½l) to Poker Face (9-2) (Longchamp 1m Grp 2 (1) £100,885 good to soft).

HI ROYAL (9-3) 100-1 handy, faded 3f out, last of 11 (well btn) to Big Rock (9-3) (Ascot 1m Grp 1 £655,709 soft).

NOVUS (9-1) 9-1 headway in between 2f out, led 1f out, ran on strongly, bt Veil Of Shadows (9-1) 2l (11 ran) (Newmarket 1¼m Grp 3 £45,368 soft).

OTTOMAN FLEET (9-2) 11-10 fav ridden 2f out, never a threat, eased, 8th of 14 (btn 9l) to Naval Power (9-0) (Meydan 1m 1f Grp 2 £115,124 good).

REGAL REALITY (9-9) 5-2 fav every chance 2f out, one pace, 4th of 7 (btn 3¼l) to Blue Trail (9-4) (Lingfield 1¼m Listed (1) £28,355 AW).

ROYAL RHYME (9-3) 16-1 ridden to lead 2f out, headed 1f out, one pace, 5th of 8 (btn 5¼l) to King Of Steel (9-3) (Ascot 1¼m Grp 1 £737,230 soft).

TEMPLEGATE'S VERDICT

3.00

OTTOMAN FLEET kicked off last season by winning this race and can repeat the feat. He went on to take a Grade 2 in America and hit the frame at the highest level in Dubai this winter. Decent ground suits and he'll be tough to beat with his A-game. **Royal Rhyme** would prefer some rain as all his wins have come on soft ground. He likes it here though, and held his own in the Champion Stakes last time out. That form speaks for itself. **Embesto** progressed nicely last season, winning a Salisbury Group 3 before going close at Longchamp. The Varian yard is in decent form and this extra furlong could bring some improvement. **The Foxes** was second in the Craven Stakes at this meeting last year before striking at Group 2 level and finishing fifth in the Derby. A longer trip would be ideal but he's a solid each-way choice at fair odds.

3.35 NELL GWYN STAKES (FILLIES' GROUP 3) 3-Y-O; winner £48,204; 7f (11 runners)

1 15- **BORN TO ROCK 285 (BF)**
(6) J Chapple-Hyam 9-2. . . . Laura Pearson 86
Runs: 2 Wins: 1 (F) £16,538
Easy York 5f maiden win, then fell short up in grade, tough start in this

2 11- **DANCE SEQUENCE 187 (CD)**
(8) C Appleby 9-2 . . . . William Buick ●99
Runs: 2 Wins: 2 (S,G) £39,426
Both wins came here over this trip, 5-1 fav for 1,000 Guins, must win this

3 33127- **GUSHING GOLD 187 (D)**
(11) A Balding 9-2 . . . . David Probert 90
Runs: 7 Wins: 1 (F) Places: 4 £69,105
Consistent, won 20-runner York hcap, stuffed in Grp 3 here, needs more

4 41224- **HERITAGE HOUSE 166 (H★,T)**
(5) J Fanshawe 9-2 . . . . . Callum Shepherd 83
Runs: 7 Wins: 1 (F) Places: 1 £25,694
Nice sort, looks versatile but beaten in Listed race, flying too high here

5 51- **KATHMANDU 145 (D)**
(2) B Meehan 9-2. . . . . Sean Levey 80
Runs: 2 Wins: 1 (A) £3,564
Easy AW win and well related but this a huge step up in grade, oppose

6 21239- **LEXINGTON BELLE 166 (P;D)**
(1) A Haynes 9-2 . . . . Kieran O'Neill 78
Runs: 10 Wins: 3 (A,GS,G) Places: 2 £69,297
Had busy 2yo campaign in lesser company, paid her way, this too tough

7 121- **MATRIKA 291**
(7) A O'Brien (Ire) 9-2 .
Runs: 3 Wins: 2 (2G)
High-class, second in Albany at RA, th

8 15244- **PRETTY CRYS**
(3) R Fahey 9-2. . . . . . .
Runs: 5 Wins: 1 (F)
Won Ripon maide then creditable effor

9 112 **QUEEN OF ZA**
(9) R Hughes 9-2 . . . . .
Runs: 3 Wins: 2 (2A)
Fit from AW, game defeat latest, yard fl

10 14- **SPIRITUAL 20**
(10) J & T Gosden 9-2. .
Runs: 2 Wins: 1 (GS)
Easy 7f mdn win then green in dip on r

11 1- **TRUE CYAN 2**
(4) R Varian 9-2 . . . . . .
Runs: 1 Wins: 1 (F)
7f mdn win here, looks good prospect

BETTING: 8-11 Dance Sequence, 11-4 Pretty Crystal, Spiritual, 25 Kathmandu, Gu

WHERE FAVOURITES FINISHED: 1 ab

2023: Mammas Girl 9-2, S Levey 16-1 (F

Sunracing F

BORN TO ROCK (8-13) 6-4 fav chased leaders, unbalanced 2f out, faded, 5th of 7 (btn 7¼l) to Kylian (9-4) (Sandown 5f Listed (1) £22,684 good).

DANCE SEQUENCE (9-2) 4-1 last, shaken up 2f out, headway 1f out, ridden to challenge, led final 110yds, ran on, bt Skellet (9-2) nk **GUSHING GOLD** (9-2) 5-1 tracked leaders, ridden 2f out, last (btn 10l) (7 ran) (Newmarket 7f Grp 3 (1) £34,026 soft).

HERITAGE HOUSE (9-2) 100-1 rear, headway 1f out, stayed on, 4th of 14 (btn 5¼l) to Romantic Style (9-2) **LEXINGTON BELLE** (9-2) 17-2 led, until 2f out, 9th (btn 11l) (Newmarket 6f Listed (1) £22,684 heavy).

KATHMANDU (9-2) 2-1 went 2nd 1f out, stayed on well, led finish, bt Hot Fashion (9-2) ¾l (12 ran) (Southwell 7f fll nov stks (5) £3,564 AW).

MATRIKA (9-2) 2-5 fav led stand side group … ridde … well, … (Curr …

PRETTY … ridde … (btn 2 … 3 (1) £ …

QUEEN … 1f ou … by W … (Ling …

SPIRITU … and s … head … wand … 1f ou … Carla … 2 (1) £ …

TRUE … head … Strutt … ket 7f …

TEMPLEGATE'S

3.35

DANCE SEQUENCE is favourite w… the 1,000 Guineas and can pass t… twice last season, when winning a… course before coming her… the Oh So Sharp des… as grass. This decen… out her best and th… more to come. Aida… of his Classic darts… the good winner of… when last seen in Jul… is a slight worry but… for this step up in distan… danger. **True Cyan** had lots in ha… maiden over course and distanc… She enjoyed the quick ground a… pace. **Spiritual** won well on debu… here. She has talent and will certa…

4.10 BET365 EBF MAIDEN FILLIES… value to the winner £12,885…

1	(4)	**AMESTRIS** M Bell 9-2
2	(8)	**BOUNTIFUL** G Boughey 9-2
3	(1)	**CINDY LOU WHO** G Kelleway 9-2
4	(9)	**HARDLASS** G Tuer 9-2
5	(6)	**IT AIN'T TWO** H Palmer 9-2
6	(14)	**JUNO STAR** P McBride 9-2
7	(5)	**KODI BANPHRIONSA** B Meehan 9-2
8	(10)	**LUCID** R Hannon 9-2
9	(12)	**MAGIC MILD** C Cox 9-2
10	(7)	**MEMARDEE** A Haynes 9-2
11	(13)	**MISS RASCAL** P & O Cole 9-2
12	(2)	**SERAPHIM ANGEL** T Dascombe 9-2
13	(11)	**TEARAWAY TWO** J Owen 9-2
14	(3)	**TEQUILA** D F Davis 9-2

BETTING: 3 Bountiful, 4 Tequila, 11-2 Magic Mild, 8

WHERE FAVOURITES FINISHED: 1 abd 8 5-7

2023: Persian Dreamer 9-2 Kevin Stott 11-4 (D F

4.45 EACH WAY EXTRA AT BET365… STAKES (2); 3-y-o; winner £1…

1	(4)	4	**AURORA'S BEAUTY 79** C Appleby 9-
2	(12)	56-	**BLUE AKOYA 163** T Ward 9-2
3	(2)	25-5	**BOLSENA 25** K Ryan 9-2
4	(5)	4-	**BRECKENRIDGE 191** K De Foy 9-2
5	(8)	7-	**GLIMPSE THE MOON 224** K De Foy 9
6	(9)		**HEY BIG SPENDER** W Haggas 9-2
7	(6)		**HILLBRIDGE** A Balding 9-2
8	(13)		**LAKE TEO** C Hills 9-2
9	(11)	96-	**MALLAVELLY 165** J Chapple-Hyam 9-
10	(10)		**MISS JUSTICE** J & T Gosden 9-2
11	(3)	66-48	**OPEC 19** J Owen 9-2
12	(7)		**POETIC DAWN** C Appleby 9-2
13	(1)		**TARAMASALATA** K De Foy 9-2

BETTING: 7-2 Bolsena, 6 Poetic Dawn, Aurora's Bea… Hey Big Spender, 12 Lake Teo, Mallavelly

WHERE FAVOURITES FINISHED: 1 abd 1 1

2023: Silver Lady 9-2 William Buick evens fav (C

5.20 PRICE PROMISE AT BET365 H… value to the winner £15,462…

1	(3)	38214-	**GO DADDY 173 (D)** W Muir & C Grass
2	(2)	2118-	**AMBIENTE AMIGO 187 (H★)** J Owen
3	(5)	5231-	**CITY BURGLAR 207** R Beckett 9-7
4	(6)	3321-	**STORMY WAVES 202 (C)** C Appleby
5	(1)	5410-	**VICTORY SHOUT 202** K Burke 9-3
6	(4)	31-4	**ASSAILANT 35 (B★)** J & T Gosden 9-
7	(10)	423-	**USER AMISTOSO 245** M Bell 9-2
8	(7)	56431-2	**BUST A MOVE 24 (C)** M & D Easterby
9	(8)	224-	**ALIGN THE STARS 158** C Johnston 8-
10	(9)	12	**KALPANA 41** A Balding 8-11

BETTING: 7-2 Stormy Waves, 5 Kalpana, City Burgl… 10 Bust A Move, User Amistoso, Ambiente Amigo, A…

WHERE FAVOURITES FINISHED: 1 abd 1 1

2023: Like A Tiger 9-2 Daniel Muscutt 3-1 Fav (J

T FOR TIPS, COLOURS & FORM

in association with



5

GOING: GOOD

.... Ryan Moore 95
Places: 1 £95,836
en Grp2 win, huge threat here

STAL 207
.... Oisin Orr 89
Places: 1 £26,733
ts in higher grades, up against it

AFEEN 41 (BF,D)
.... non-runner 84
Places: 1 £22,094
ying but be outclassed, ruled out

01 (H;D)
.. Kieran Shoemark 88
£10,595
un-in here, clearly has ability, e-w

00 (CD)
.......James Doyle 87
£8,100
, learn more here, e-w chance

Matrika, 9 True Cyan, 10
ushing Gold
od 3 1 0
R Hannon), dr 10, 15 ran.

FORM

o of four, pushed along 2f out, en and led 1f out, stayed on bt Gunzburg (9-2) 1¾l (7 ran) agh 6f Grp 2 (1) €73,275 good).
Y CRYSTAL (9-2) 4-1 prominent, en to challenge 1f out, 4th of 9 2l) to Prime Art (9-2) (Ayr 6f Grp £22,684 good to soft).
N OF ZAFEEN (8-13) 13-8 fav t, headed final stride, btn nk Watch My Tracer (9-4) (10 ran) field 7f Listed (1) £31,614 AW).
UAL (9-2) 12-1 led, raced keenly set strong pace, joined 2f out, ed, outpaced by winner when dered and became unbalanced t, faded, 4th of 6 (btn 5½l) to 's Way (9-2) (Newmarket 7f Grp £60,680 good to firm).
CYAN (9-2) 13-2 rear, smooth lway to lead 1f out, easily, bt ting (9-2) 1½l (17 ran) (Newmar- f mdn (3) £8,100 good to firm).

VERDICT

vith some books for this test. We saw her a maiden on the July re in October to take spite looking green nt ground can bring here should be a lot an O'Brien fires one in **Matrika** who was a Curragh Group 2 y. Her absence since she should improve nce and is the main and when winning a e in late September. and showed a lot of t but then ran green ainly improve.

' STAKES (2); 2-y-o;
; 5f. (14 runners)

...Ryan Moore
...William Buick
...Luke Morris
...Sam James
...Ross Coakley
...Adam Farragher
...Tom Marquand
...Sean Levey
...Rossa Ryan
...Kieran O'Neill
...Daniel Tudhope
...Pierre Jamin
...Callum Shepherd
...David Egan
Amestris, 12 Kodi Banphrionsa
2
F Davis) drawn 4, 9 ran.

5 EBF MAIDEN FILLIES'
2,885; 1m.(13 runners)

2...William Buick 91
...Sean Levey 83
...Ryan Moore ●99
...Sam James 85
-2...Richard Kingscote 77
...Tom Marquand —
...David Probert —
...Jim Crowley —
-2...David Egan 86
...Kieran Shoemark —
...Callum Shepherd 78
...James Doyle —
...Benoit Sayette —
auty, 7 Miss Justice, 8 Hillbridge,
1
C Appleby) drawn 7, 16 ran.

HANDICAP (3); 3-y-o;
2; 1m 2f. (10 runners)

ick 9-9...Lewis Edmunds 94
9-8...Neil Callan 95
...Rossa Ryan 97
9-5...William Buick 97
...Shane Foley 96
2...Kieran Shoemark 92
...Callum Shepherd 89
9-1...Billy Garritty ●99
-12...Joe Fanning 95
...Ryan Moore 98
ar, 8 Go Daddy, Align The Stars, Assailant, 14 Victory Shout
1
Ferguson) drawn 1, 9 ran.

TEMPLEGATE

1.50...Orazio
2.25...El Cordobes
3.00...Ottoman Fleet (nb)
3.35...Dance Sequence
4.10...Lucid
4.45...Aurora's Beauty
5.20...Stormy Waves

TOM PEPPER

1.50...ORAZIO (nap)
2.25...El Cordobes
3.00...Ottoman Fleet (nb)
3.35...Dance Sequence
4.10...Magic Mild
4.45...Poetic Dawn
5.20...Kalpana

TEMPLEGATE'S TRIO: In Excelsis Deo (Cheltenham) and Ottoman Fleet (double) with Orazio (both Newmarket).
TOM PEPPER'S DOUBLE: Orazio and Ottoman Fleet (both Newmarket). SUNRATINGS' NAP: SUMMERGHAND (1.50 Newmarket). SIRIUS, Sun On Sunday, EMBESTO (3.00 Newmarket).

TIC-TAC: Undulating wide course of 2m4f with a R-H bend at halfway. Races up to 1m2f are straight with a downhill slope at the 2f marker and an uphill final furlong. **DRAW:** Inconsistent. **FAVOURITES:** (2019-2024): 209 have won out of 684 races (31%). At corresponding meetings, 63 have won out of 222 races (28%).
JACKPOT: 1-6. **LIVE ON RACING TV**

HOT 'N NOT

TRAINERS with best record in last 14 days: W Muir & C Grassick 4 winners from 6 runners; C Appleby 6 from 15; R Hughes 8 from 22; A P O'Brien 9 from 28; A Fabre 7 from 24; A Haynes 5 from 23. **JOCKEYS with best record in last 14 days:** F Marsh 5 wins from 8 runners; W Buick 5 from 10; R L Moore 9 from 20; L Edmunds 6 from 18; D Probert 12 from 40; R Ryan 11 from 55; M Barzalona 11 from 58. **TRAINERS who have had the most runners since last win:** G L Moore 39; T Ward 28. **JOCKEYS who have had the most rides since last win:** L Morris 61.

TOP TRAINERS

2019-2024 C Appleby 84-278, J & T Gosden 40-262, R Varian 34-228, A Balding 30-251, W Haggas 25-223, R Beckett 22-179, R Hannon 17-304, C Hills 16-112, Sir M Stoute 13-82.

TOP JOCKEYS

2019-2024 W Buick 101-335, R L Moore 29-306, James Doyle 25-231, J Crowley 24-158, David Egan 22-210, R Kingscote 15-83, S De Sousa 14-95, T Marquand 13-208, R Ryan 10-131.

TRAINER TRACE

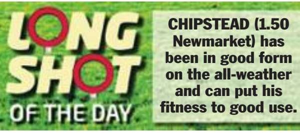
FIRST RACE FOR NEW YARD: 1.50 Glenfinnan A Balding to M Dods; **2.25 Caviar Heights** A Balding to K R Burke; **4.45 Blue Akoya** R Beckett to T Ward; **5.20 Ambiente Amigo** M Bell to J Owen. **RACEFAX:** J Gosden won 3.35 in 2016 & 2017, the 4.45 in 2016, 2017, 2021 & 2022 and the 5.20 in 2014 & 2017. C Appleby won 3.00 in 2015, 2022 & 2023. R Hannon won 4.10 in 2014 & 2022.
LONGEST TRAVELLERS: Just A Spark (1.50) trained by B Millman, Cullompton, round trip of 438 miles; **Glenfinnan** (1.50) & **Woven** (1.50) trained by M Dods, Darlington, round trip of 428 miles; **Align The Stars** (5.20), C Johnston, Middleham, round trip 400 miles.

IN THE MONEY

MONEY TALKS: Align The Stars (5.20) opened 13-2, unplaced at 4-1; **Kalpana** (5.20) opened 8-1, second at 5-1; **Dance Sequence** (3.35) opened 5-1, won at 4-1. **TOP EARNERS:** 1.50 **Summerghand** £615,039; 3.00 **Regal Reality** £472,512; 3.00 **The Foxes** £398,294.

UNDER ORDERS

SEVEN-DAY WINNERS: None. **BLINKERED FIRST TIME:** 3.00 Blanchland; 5.20 Assailant.
VISORED FIRST TIME: None.
FIRST RUN SINCE WIND OP: Hi Royal (3.00).
WEIGHTWATCHER: 1.50 **Chipstead** (won off 102, down 3lb to 99); **Summerghand** (won off 102, down 7lb to 95). **JOB JOCKEY:** D Tudhope rides **Miss Rascal** (4.10) for P & O Cole, 3 from 12, 25%. S De Sousa rides **Al Farabi** (1.50), **Immortal Knight** (2.25) for R Varian, 35 from 145, 24%



EACH-WAY THIEF

HAVE an e-w double at Newmarket with **AMBIENTE FRIENDLY** (2.25) who ran well in a Group 2 here last time and can improve and **EMBESTO** (3.00) who found plenty last season and has more to come.

KEMPTON

GOING: STANDARD TO SLOW

5.30 NOVICE STAKES (Class 5); winner £3,780; 6f. (8 runners)

1 (4) 7 **KING'S CONQUEST 77 (H★)** S Lycett 4-10-1..... **W Carson**
2 (1) 56 **ARNAZ 14** E Walker 3-9-4... **S Osborne**
3 (6) 9-2 **GENERAL ASSEMBLY 8** G Boughey 3-9-4. **B Loughnane**
4 (3) **GRECIAN GOD** M Usher 3-9-4... **G Rooke**
5 (5) **KIND OF BLUE** J Fanshawe 3-9-4... **D Muscutt**
6 (8) 283- **PIANOFORTE 184 (BF)** A Balding 3-9-4... **H Doyle**
7 (7) 52- **CATHERINE PARR 173 (H★;BF)** J Gosden 3-8-13 **R Havlin**
8 (2) **NOT REAL** R Varian 3-8-13... **J Mitchell**
Pianoforte ●99, General Assembly 87, Catherine Parr 85.
2 Pianoforte, 5-2 General Assembly, 3 Catherine Parr, 4 Not Real

6.00 HANDICAP (6); 3-y-o; winner £3,140; 7f. (14 runners)

1 (6) 9133 **MOE'S LEGACY 44 (C)** R Harris 9-11... **H Doyle**
2 (1) 7714 **HATADORA 58** R Hannon 9-11... **P Dobbs**
3 (13) 749- **SKY BLUE DREAMS 119** A Haynes 9-10 . **T Jakes (5)**
4 (12) 3113 **PROFITMAN 4 (BF,D)** B Brookhouse 9-10.. **L Catton (5)**
5 (14) 8165 **SUNBLOCK 26 (P★;BF,D)** G Boughey 9-10.... **non-runner**
6 (5) 8965 **IRRELEVANT 14 (V;CD)** L Carter 9-9... **S Osborne**
7 (10) 6-77 **TAKE CARE 26** P Murphy 9-9... **C Bishop**
8 (7) 065- **KATIE G 156** E Dunlop 9-8... **R Havlin**
9 (2) 657 **SERGEANTS LEGACY 44** C Banham 9-8.... **J Haynes**
10 (11) 288- **MBAPPE 134** M Loughnane 9-8... **B Loughnane**
11 (4) 404- **BLENHEIM STAR 165 (H)** W Knight 9-4... **C Fallon**
12 (9) 5-57 **UNFORGETTABLE FIRE 12 (H)** B Meehan 9-0 **C Howarth (3)**
13 (8) -629 **BIRKIE BOY 61 (D)** J Moore 8-13... **G Dobie (3)**
14 (3) 97-0 **DREAM OF KEDA 12** Cook/Bridger 8-11 **R Clutterbuck**
Profitman ●99, Blenheim Star 98, Moe's Legacy 97.
7-2 Profitman, 9-2 Moe's Legacy, 13-2 Hatadora, 7 Katie G, Sergeants Legacy, 12 Mbappe, HBlenheim Star

6.30 NOVICE STAKES (5); winner £3,780; 7f. (13 runners)

1 (7) 8228 **BEAUEN ARROWS 21** M Attwater 5-10-2... **O Searle (7)**
2 (5) 5 **TREVANION 59 (H)** V Dartnall 4-10-2... **R Ingram (3)**
3 (1) 31- **SIR LES PATTERSON 127 (D)** H Eustace 3-9-10 **B Loughnane**
4 (9) 2-34 **ALHATHER 59 (BF)** A Balding 3-9-3... **H Doyle**
5 (8) 86- **ATLANTIC GAMBLE 121** W Knight 3-9-3..... **M Ghiani**
6 (12) 63- **FORMIDABLE FORCE 155** J Ferguson 3-9-3. **D Muscutt**
7 (10) **KING'S SCHOLAR** E Walker 3-9-3... **C Hutchinson (3)**
8 (6) 0- **MIDNIGHT GUN 154** E Walker 3-9-3... **S Osborne**
9 (11) **PORT ROAD** J Butler 3-9-3... **P Bradley**
10 (13) **SMART HERO** J Tate 3-9-3... **H Davies**
11 (3) 5-6 **GOLDEN MYRRH 21** R Beckett 3-8-12... **R Hornby**
12 (4) 5- **ROCKYMOUNTAINWAY 162** C Fellowes 3-8-12.. **K Stott**
13 (2) 7-4 **ROMANTIC TALE 10** G Boughey 3-8-12..... **G McEntee**
Formidable Force ●99, Alhather 98, Trevanion 92.
10-3 Alhather, 4 Sir Les Patterson, 6 Formidable Force

7.00 FILLIES HANDICAP (5); winner £4,187; 7f. (9 runners)

1 (8) 391- **VALTELLINA 182 (CD)** H Eustace 4-10-4 **K Fraser (5)**
2 (9) 28-3 **TWILIGHT DANCER 26 (D)** J Portman 4-9-13.. **R Hornby**
3 (3) 1122 **WHITE MIST 14 (T,V;C)** I G-Leveque 4-9-6 .... **G Wood**
4 (7) 45-7 **HIGH VIOLET 19** D Loughnane 3-9-3... **D Muscutt**
5 (6) -631 **SIGHTER 62 (D)** R Hannon 3-9-3... **J Leavy (5)**
6 (4) 536- **TAYALA 158** E Walker 3-9-3... **S Osborne**
7 (1) 7-45 **JUST RITA 17 (P★;BF)** M Botti 3-9-0... **M Ghiani**
8 (2) 1030 **RHASIDAT 49 (H★;CD)** Newland/Insole 3-8-10 **H Doyle**
9 (5) 8165 **SUNBLOCK 26 (P;BF,D)** G Boughey 3-8-8 **B Loughnane**
White Mist ●99, Rhasidat 96, Sunblock 94.
3 Sighter, 4 Valtellina, 5 White Mist, Twilight Dancer, 8 Sunblock

7.30 HANDICAP (5); winner £4,187; 6f. (10 runners)

1 (6) 8561 **MANY A STAR 6 (D)** J Osborne 7-10-1(4ex).. **S Osborne**
2 (1) -135 **BEELZEBUB 24 (H;D)** A Haynes 4-9-9... **K Stott**
3 (7) 73-6 **DIGITAL 20 (CD)** R Carr 6-9-9... **J Sullivan**

TEMPLEGATE

5.30...Pianoforte
6.00...Profitman
6.30...Sir Les Patterson
7.00...Valtellina
7.30...Big R
8.00...Rosy Kiss
8.30...Bitcoin Profit

TOM PEPPER: 5.30 General Assembly, 6.00 Moe's Legacy, 6.30 Alhather, 7.00 White Mist, 7.30 Lady Dreamer, 8.00 Free Speech, 8.30 Eccentric

■TIC-TAC: R-H Polytrack AW course. 1m round with a 3f run-in. ■DRAW: No advantage. ■BEST TRAINERS (2019-2024): A Balding 91-546, J & T Gosden 81-367, R Varian 73-314, R Hannon 57-534. THIS SEASON: A Balding 14, E J-Houghton 54. ■TOP JOCKEYS (2019-2024): H Doyle 84-614, D Muscutt 76-604, J Mitchell 70-454. THIS SEASON: J Mitchell 8, B Loughnane 6. ■LONGEST TRAVELLER: Sovereign Nation (8.00) trained at Middleham. Round trip of 490 miles. ■FIRST RUN SINCE WIND OP: Lady Dreamer (7.30). ■LIVE ON RACING TV

4 (10) 381- **LADY DREAMER 151 (P★;D)** T Ward 4-9-8.. **H Doyle**
5 (2) -214 **ONE MORE WAVE 34 (BF,D)** J Portman 4-9-8 **R Hornby**
6 (8) 7161 **BIG R 42 (CD)** E J-Houghton 4-9-8... **C Bishop**
7 (4) 7/1- **ROYAL JET 183 (T★)** E S-Osbourne 4-9-7... **G Rooke**
8 (3) 9213 **GRENHAM BAY 34 (P;CD)** A Balding 4-9-6 **C Hutchinson (3)**
9 (5) -777 **SEDUCTIVE POWER 13 (B;D)** B Johnson 4-9-4 **J Mitchell**
10 (9) 2/7- **SOVEREIGN SLIPPER 340 (CD)** H Candy 6-9-2 **T Whelan**
One More Wave ●99, Beelzebub 98, Big R 97.
3 Big R, 4 Lady Dreamer, 11-2 Many A Star, 7 Royal Jet, 15-2 One More Wave, 8 Grenham Bay, 10 Digital, 12 Beelzebub

8.00 HANDICAP (5); 3-y-o; winner £4,187; 1m 3f. (8 runners)

1 (7) 12-3 **FREE SPEECH 17** E Dunlop 9-7... **R Havlin**
2 (3) 524- **TACTICAL CONTROL 191** B Brookhouse 9-7 **S Bowen (5)**
3 (8) 695- **CAPRELO 133** H Morrison 9-7... **R Hornby**
4 (2) 82-3 **ROSY KISS 25** M Botti 9-6... **H Doyle**
5 (1) 887- **SIR GALAHAD 159 (P★)** J Ferguson 9-6 . **D Muscutt**
6 (6) 3-57 **SOVEREIGN NATION 21** C Johnston 9-5 **B Loughnane**
7 (4) -315 **PEGASUS OF HARRY 25 (BF)** M Botti 9-4 **J Gordon**
8 (5) 5-26 **CLAXTON BAY 75 (P)** R Hannon 9-4... **T Greatrex**
Pegasus Of Harry ●99, Free Speech 98, Claxton Bay 94.
10-3 Rosy Kiss, 4 Free Speech, 9-2 Pegasus Of Harry, 13-2 Tactical Control, 7 Caprelo, 8 Sir Galahad, 10 Claxton Bay

8.30 HANDICAP (6); 3-y-o; winner £3,140; 1m. (12 runners)

1 (3) 6-54 **MIDNIGHT DRIVE 21** C Cox 9-11... **J Fahy**
2 (12) 3621 **ECCENTRIC 17 (P★;D)** J Osborne 9-11.. **S Osborne**
3 (7) 677 **BAROQUE BUOY 21** G Scott 9-11... **D Keenan**
4 (11) 459- **THEWORLDSNOTENOUGH 121** T Ward 9-9 **C Bishop**
5 (1) 57-5 **SIMPLE ENDEAVOUR 13** A Balding 9-9... **K Stott**
6 (10) 695 **MLEIHA 12** A Watson 9-9... **H Doyle**
7 (8) 6-53 **TEDDY BROWN 54 (B★)** M Botti 9-6... **M Ghiani**
8 (6) 2521 **BITCOIN PROFIT 15** M Young 9-5.... **G McEntee (3)**
9 (9) 680- **NEWFANGLED 212** J Portman 9-5... **T Whelan**
10 (2) 076- **BEACH POINT 162** W Knight 9-5... **D Muscutt**
11 (5) 88-9 **CHARLES MORIN 21** P Phelan 9-4... **P Bradley**
12 (4) 1354 **DIRE WOLF 13 (T)** A West 9-1... **R Havlin**
Bitcoin Profit ●99, Eccentric 98, Dire Wolf 97.
4 Bitcoin Profit, 9-2 Eccentric, 13-2 Midnight Drive, 7 Mleiha, 8 Simple Endeavour, 10 Teddy Brown, Baroque Buoy

RACING RESULTS AND GREYHOUND CHECK

NEWMARKET

Going: Good

1.20: 1 ARRAN D Probert (6-1); **2 The Actor** (12-1); **3 Hallasan** (10-11 fav). 6 ran. nk; ¾l. P & O Cole. T: £7; £2.30, £4. Ex: £64.20. Trifecta: £167.20. CF: £64.81. NR: King Of Angels.

1.50: 1 TEES SPIRIT M Nicholls (10-1); **2 Navello** (11-1); **3 Isle Of Lismore** (16-1). 14 ran (Dream Composer 4-1 fav). 1¾l; nk. A Nicholls. T: £11; £3.30, £2.60, £3.80. Ex: £132.20. Tric: £1806.96. Trif: £2384.70. CF: £117.34. NR: Mountain Peak.

2.20: 1 WATCHA MATEY J Hart (33-1); **2 The Camden Colt** (9-1); **3 The Ice Phoenix** (22-1). 13 ran (Broadway Act 9-4 fav). 2¼l; 1½l. H Palmer. T: £40.30; £8, £3.20, £5.60. Ex: £446.70. Tricast: £6781.62. Trif: £6830.50. CF: £295.08.

2.55: 1 HAFEET ALAIN S Osborne (20-1); **2 Dutch Decoy** (9-1); **3 Daysofourlives** (18-1); **4 Theoryofeverything** (11-1). 17 ran (Slipofthepen 9-2 fav). ns; hd; hd. E Walker. T: £21; £3.60, £3, £4.20, £2.50. Ex: £218.10. Tricast: £3431.76. Trifecta: £4214.40. CF: £182.88.

3.30: 1 TEN BOB TONY T Marquand (7-1); **2 Boiling Point** (4-5 fav); **3 Bold Style** (4-1). 6 ran. 1l; nk. E Walker. T: £8; £2.70, £1.20. Ex: £14. Trif: £44.10. CF: £12.75.

4.05: 1 KIKKULI R L Moore (5-2); **2 Creative Story** (13-8 fav); **3 Usuario Amigo** (80-1). 12 ran. nk; nk. Harry Charlton. T: £3.50; £1.20, £1.10, £10.40. Ex: £7. Trifecta: £322. CF: £6.43.

4.40: 1 BRUNEL NATION D Egan (3-1); **2 Eye Of Dubai** (15-8 fav); **3 Indivar** (20-1). 9 ran. shd; 2½l. R Hughes. T: £4; £1.50, £1.20, £4.90. Ex: £9.50. Tric: £90.27. Trif: £102.50. CF: £8.67. Following stewards' inquiry, Eye Of Dubai who finished 1st was disqualified and placed 2nd.

5.15: 1 OUR HAVANA O Orr (9-2); **2 Pressure's On** (11-1); **3 Rating** (8-1). 9 ran (Spun To Gold 9-4 fav). nk; 2l. R Fahey. T: £5.50; £1.70, £2.10, £2.60. Ex: £42.90. Tric: £381.22. Trif: £265.20. CF: £52.06.

J/POT: Not won, £10,048.80 c/over.
P/POT: £9,832 **Q/POT:** £183.80

FFOS LAS

Going: Heavy (Soft in places)

2.30: 1 HERMES LE GRIS Charlie Price (2-1 jtfav); **2 Followango** (9-2); **3 Wonderweasle** (2-1 jtfav). 7 ran. 2¼l; ½l. R L Llewellyn. T: £3; £1.50, £2.40. Ex: £11.80. Trifecta: £24.70. CF: £11.29.

3.05: 1 PILGRIMS KING S Bowen (5-2 jtfav); **2 Thatza Dazzler** (7-1); **3 Kap Chidley** (5-2 jtfav). 7 ran. 1¾l; 4l. P Bowen. T: £3.50; £1.50, £3.60. Ex: £16.50. Tricast: £46.80. Trifecta: £59.70. CF: £19.66. NR: Dancing Dani.

3.40: 1 WIDE TO WEST S Bowen (2-1 fav); **2 Higgs** (7-1); 7 ran. 3½l. M Keighley. T: £3; £1.40, £2.90. Ex: £15.60. Trifecta: £15.20. CF: £15.54.

4.15: 1 PANJARI F Gingell (11-4); **2 Dartmoor Pirate** (6-4 fav); **3 Patriotik** (9-2). 7 ran. 2¾l; 2½l. P Nicholls. T: £3.75; £1.60, £1.30. Ex: £7.30. Trifecta: £15.30. CF: £7.06.

4.50: 1 MAHLAND C Deutsch (9-4 fav); **2 Minella Blueway** (5-1); **3 Longshanks** (8-1). 8 ran. 4l; shd. M Rowley. T: £3.25; £1.20, £1.80, £2.30. Ex: £15.40. Tric: £75.74. Trif: £68.20. CF: £14.43.

5.23: 1 AS LEGENDS HAVE IT B R Jones (6-5 fav); **2 Boyles Hill** (11-1); **3 Mulinas** (2-1). 6 ran. 1½l; 4¼l. B Pauling. T: £2.20; £1.10, £3.90. Ex: £12.60. Trif: £26.20. CF: £14.73. NR: Alexandra Larose.

P/POT: £30.10 **Q/POT:** £6.20

NAAS

Going: Soft (Yielding to soft)

1.30: 1 ICARE DESBOIS P Townend (6-4 fav); **2 Union Station** (15-8); **3 Omniscient** (9-4); **4 Minella Buddy** (40-1). 19 ran. 1¼l; 1¾l; 35l. W Mullins. T: €2.50; €1.10, €1.10, €1.10. Ex: €5.60. Trif: €10.70. CF: €5. NR: A Year Older, Duchamps Art, Fortunate Lighting, Zulu Mike.

2.05: 1 CHEERFUL CHAP J P O'Sullivan (4-1 fav); **2 Verbal Sparring** (9-2); **3 Johngus** (16-1). 13 ran. ¾l; 1½l. P J Rothwell. T: €5.10; €1.80, €1.50, €4.60. Ex: €19.60. Tric: €270.24. Trif: €111.10. CF: €23.07.

2.40: 1 BORN BRAVER K M Donoghue (11-4); **2 Big Stage** (9-2); **3 Ayiko** (14-1); **4 Dr Eggman** (4-9 fav). 18 ran. 1¼l; 4¼l; 5½l. G Cromwell. T: €3.75; €1.10, €1.40, €3.50. Ex: €18.40. Trif: €146.50. CF: €18.01.

3.15: 1 THREE IN A ROW D Meyler (11-5 fav); **2 Downtherefordancin** (9-2); **3 Run For Harry** (15-2). 10 ran. ½l; 7l. A L Moore. T: €3.20; €1.10, €1.60, €2.10. Ex: €14.80. Tricast: €64.62. Trifecta: €57.90. CF: €13.32. NR: Workforadime.

3.50: 1 CRECORA HILLS M P Walsh (11-1); **2 Shana Cloon** (4-1); **3 Coillte Aris** (9-4 fav); **4 The Big Cloud** (5-1). 16 ran. 6l; 1½l; 11l. R Tyner. T: €12; €2.40, €1.20, €1.10, €1.20. Ex: €67.80. Tricast: €143.46. Trifecta: €873.10. CF: €58.31. NR: Desperado Genie, Redzy Rocco.

4.25: 1 THE NIFFLER J W Kennedy (6-1); **2 King Kali** (3-1 fav); **3 Chosen Shant** (13-2); **4 Rideau Canal** (9-1). 17 ran. ½l; 1½l; 3¼l. E O'Connell. T: €7.30; €2.40, €1.10, €1.90, €2.10. Ex: €30.60. Tric: €133.50. Trif: €143.50. CF: €26.45. NR: Clonguile Way, Ladyeze Man.

5.00: 1 BLUE MOSQUE F Tegetmeier (9-2); **2 Crescent Moon** (5-4 fav); **3 Leloopa** (14-1). 8 ran. 1½l; 1¼l. N Meade. T: €5.50; €2.10, €1.30, €4.80. Ex: €9.10. Trifecta: €89.30. CF: €10.81.

PLACEPOT: €22.10

NEWCASTLE

Going: Standard

4.57: 1 GASTRONOMY C Beasley (6-4 fav); **2 Philos** (11-1); **3 Peripeteia** (25-1). 9 ran. 3l; 1½l. P Kirby. T: £2.50; £1.10, £2.40, £4.80. Ex: £17.90. Tric: £288.67. Trif: £188.80. CF: £19.34. NR: Desert Quest.

5.30: 1 FEDERATED D Muscutt (4-1 fav); **2 Humble Spark** (6-1); **3 We Still Believe** (5-1). 12 ran. hd; 2¼l. J Butler. T: £5; £2.30, £2.90, £1.90. Ex: £34.30. Tricast: £123.41. Trif: £86.80. CF: £27.08.

6.00: 1 OUTRUN THE STORM B Garritty (18-1); **2 Archduke Ferdinand** (9-1); **3 Star Zinc** (10-1). 14 ran (Prairie Falcon 4-1 jtfav, Waiting All Night 4-1 jtfav). shd; 1l. R Fahey. T: £24; £5.80, £2.90, £3.10. Ex: £264.60. Tricast: £1737.08. Trifecta: £2941.60. CF: £175.68.

6.30: 1 DYRHOLAEY H Doyle (10-11 fav); **2 Queen's Guard** (5-1); **3 Thelma's Angel** (66-1). 9 ran. nk; 4½l. A Watson. T: £1.91; £1.02, £1.50, £8.70. Ex: £5.50. Trifecta: £101.90. CF: £6.44. NR: All About Neve, Doodlebug.

7.00: 1 TEN DIMES R Havlin (4-5 fav); **2 Radiant Beauty** (4-1); **3 Marianglas** (7-1). 9 ran. 1½l; 2l. J & T Gosden. T: £1.80; £1.02, £1.50, £2. Ex: £4.40. Trif: £13.70. CF: £4.44. NR: Epidavros.

7.30: 1 ANGEL OF ANTRIM J Gordon (5-1); **2 Headabovetherest** (13-2); **3 Fircombe Hall** (11-1). 11 ran (Brother Dave 7-2 jtfav, Rockin Rosa 7-2 jtfav). 2¾l; nk. P McEntee. T: £6; £1.80, £3, £3.10. Ex: £48.10. Tric: £280.12. Trif: £573.30. CF: £37.96. NR: Broxi, Keep Me Stable, Tillybob.

8.00: 1 SOCIALISE R Scott (20-1); **2 Cuban Storm** (11-10 fav); **3 Notion In Motion** (22-1). 9 ran. 1½l; 1¾l. N Tinkler. T: £28; £4.70, £1.30, £5. Ex: £73.80. Tric: £531.29. Trif: £1052.20. CF: £41.63.

P/POT: £167.90 **Q/POT:** £63.90

GREYHOUND TIPS

■MONMORE: 10.47 Light Up Lucy (nap) (1-5-3) 11.02 Morality (3-1-2) 11.17 Tromora Jake (6-3-5) 11.32 Antigua Grumpy (nb) (6-4-5) 11.47 Tullymurry Lyric (5-3-2) 12.02 Tally Ho Freddy (3-6-4) 12.17 Southern City (5-6-2) 12.32 Flowerpot Pete (4-3-1) 12.47 Boogy Blu (4-1-3) 1.02 Blarney Castle (5-4-1) 1.17 Birchgrove Ace (5-4-3) 1.33 Chubbys Mai (4-2-1)
■HOVE: 1.51 Deacon Pee Wee (nap) (2-4-6) 2.09 Beaming Starlet (nb) (3-2-6) 2.29 Voltage Flyer (5-4-6) 2.49 Tictoksyd (6-5-1) 3.07 Slippy Edelle (3-6-2) 3.27 Droopys Simone (5-1-3) 3.47 Blu Exile (1-6-5) 4.06 Gorgeous Girl (4-6-2) 4.24 Inspires (1-3-2) 4.42 Antigua Shore (5-2-4) 4.59 Churchfield Fly (1-6-5) 5.19 Paradise Hailey (1-3-4)
■NEWCASTLE: 1.57 Berlin Tango (2-4-3) 2.17 Bramble Rebel (3-6-1) 2.37 Westforth Shauna (3-4-6) 2.56 Alnwick Turbo (6-3-5) 3.13 Wraysbury Silver (nap) (6-2-4) 3.33 Blackhouse Bobby (nb) (3-6-4) 3.53 Master Touch (6-4-5) 4.11 Aldworth Jaguar (6-3-5) 4.29 Emers Fireman (5-6-3) 4.49 Westforth Trixie (1-5-2) 5.07 Nicoles Bluebell (3-4-6) 5.27 Westforth Korky (3-6-5)

GREYHOUND SPS

■MONMORE: 1.57 Winterfield Kell 4-1 (6-4-3 BAGS F £30.57 TC £104.56). 2.17 Jaguar Fergie 8-1 (4-6-1 £29.23 TC £84.27). 2.37 Britbull Capone 9-2 (1-2-5 £11.64). 2.56 Going Electric 13-8f (1-2-4 £9.11). 3.13 Zoos Naomi 6-1 (2-6-4 £33.14 TC £76.04). 3.33 Winterfield Hope 9-2 (1-2-6 £24.04 TC £57.20). 3.53 Rusty Buick 2-1f (6-4-3 £8.02 TC £17.35). 4.11 Tommys Duke 5-1 (6-1-2 £21.30 TC £71.70). 4.29 Vixons Sparky 8-11f (6-2-1 £3.11 TC £7.67). 4.49 Kilwest Monty 5-1 (1-2-4 £12.21 TC £31.21). 5.07 Rushmoor Dash 5-2jt (4-6-2 £10.85 TC £26.99). 5.27 Bloos Boy Rookie 15-8f (2-1-5 £7.38 TC £14.08).
■NEWCASTLE: 10.54 Eden Pogba 11-8f (1-3-6 BAGS F £16.81 TC £65.08). 11.09 Petes Wallet 3-1 (1-5-6 £20.20 TC £42.37). 11.24 Tarryburn Onyx 7-1 (1-5-6 £44.19 TC £100.92). 11.39 Bramble Sky 6-1 (3-4-1 £19.21 TC £69.91). 11.54 Bramble Floki 15-8jt (6-3-5 £21.51 TC £43.80). 12.09 Wraysbury Style 5-1 (6-5-4 £12.90 TC £33.27). 12.24 Wraysbury Wisp 7-4f (3-1-4 £9.90 TC £30.87). 12.39 The Instigator 5-2 (6-4-1 £11.78 TC £41.00). 12.54 Flying Secret 2-1f (1-2-3 £15.81 TC £41.27). 1.08 Too Funky 7-2 (1-5-2 £44.14 TC £132.89). 1.24 Blackhouse Buddy 6-1 (6-3-4 £46.76 TC £135.02). 1.39 A Bit of Theo 2-1 (3-1-2 £17.67 TC £27.11).
■PERRY BARR: 2.04 Waikiki Danny 2-1f (6-5-3 BAGS F £14.70 TC £32.37). 2.24 Snooty Charm 13-8f (2-3-4 £20.98 TC £51.92). 2.44 Harehareherechoo 4-1 (3-2-5 £19.42). 3.01 Monster 9-4f (1-4-6 £11.07 TC £41.43). 3.19 Swift Maxwell 11-4 (1-3-2 £10.50). 3.39 Snooty Bod 11-4 (5-6-3 £17.93 TC £77.41). 3.59 Classy Gorey 7-2 (1-3-6 £9.88 TC £34.21). 4.17 Good Pixie 11-4 (4-6-2 £19.62 TC £47.47). 4.34 Rich Potential 4-1 (3-4-6 £17.91 TC £38.90). 4.54 Roanna Skywalker 5-4f (6-5-3 £6.59 TC £14.39). 5.14 Donishall Sydney 10-3 (6-4-5 £16.03 TC £66.80). 5.33 Almost Gone 4-1 (5-6-4 £37.12 TC £76.68).

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CHELTENHAM ON ITV: 2.05 & 2.40

GOOD (GOOD TO SOFT)

1.30 CITIPOST NOVICES' HURDLE (Class 2); value to the winner £10,892; 2m 4f. (9 runners)

1 1-214 **DIAMOND RI 69** J Tizzard 5-11-10 .... **Brendan Powell 94**
2 0-1P189 **ENCANTO BRUNO 112 (CD)** G Cromwell (Ire) 6-11-10 .. **Keith Donoghue 95**
3 1/21-1 **PEAKY BOY 107 (CD)** N Henderson 6-11-10 .... **Nico De Boinville ●99**
4 1-261 **LEADER IN THE PARK 56** B Pauling 6-11-7 .... **Ben Jones 88**
5 5/32-13 **LEADING CHOICE 32 (D)** N Martin 7-11-7 .... **Sean Houlihan 85**
6 /14-2F1 **MYRETOWN 38** L Russell 7-11-7 .... **non-runner 87**
7 3-51 **SHY LOVE 35** F O'Brien 6-11-7 .... **Connor Brace 89**
8 3-31184 **MINELLA RESCUE 80** G Hanmer 6-11-2 .... **Sean Bowen 83**
9 1 **ROGER 37** R Hobson 4-10-11 .... **Gavin Sheehan 90**

BETTING: 2 Peaky Boy, 4 Encanto Bruno, 11-2 Diamond Ri, 8 Roger, 10 Shy Love, Leader In The Park, 14 Leading Choice, 20 Minella Rescue

WHERE FAVOURITES FINISHED: 1 abd 1 1 4

2023: The Friday Man 6-11-6 Sean Bowen 9-2 (G Elliott(Ire)), 9 ran.

2.05 KINGSTON STUD HANDICAP HURDLE (2) winner £13,008; 2m 4f (18 runners)

1 4FP-2P **PENTLAND HILLS 46 (C)**
N Henderson 9-12-0 .... **Nico De Boinville 90**
Runs: 12 Wins: 4 (2GS,2G) Places: 1 £175,977
Smart in his pomp, ran well on return but poor since, may bounce back

2 121601 **KAMSINAS 32**
F O'Brien 7-11-6 .... **Paddy Brennan 96**
Runs: 10 Wins: 5 (3GS,G) Places: 2 £53,804
Grade 2 winner, beat a useful yardstick latest, decent mark, in the mix

3 16P-18 **PEKING ROSE 73 (T;D)**
F O'Brien 9-11-5 .... **Jonathan Burke 85**
Runs: 13 Wins: 4 (S,GS,2G) Places: 4 £47,658
Inconsistent, return to this trip will suit but on a tricky mark, outsider

4 3-14F5 **WINDTOTHELIGHTNING 48 (D)**
O Greenall & J Guerriero 6-11-5 .... **Henry Brooke 88**
Runs: 10 Wins: 4 (S,GS,2G) Places: 2 £29,732
Disappointed at Wetherby last time, still early days but needs more

5 16-711 **SPRING NOTE 46**
N Henderson 6-11-4 .... **James Bowen ●99**
Runs: 8 Wins: 4 (2S,GS,G) Places: 2 £31,945
Horse she beat at Newbury has won twice since, can overcome 7lb rise

6 U99647 **TEDDY BLUE 17 (B★)**
G Moore 6-11-3 .... **non-runner 95**
Runs: 17 Wins: 2 (GS,G) Places: 5 £102,885
Ran well in a better Ascot race two back, blinkers on, ruled out today

7 3-86P5 **LALLYGAG 57**
P Nicholls 7-11-2 .... **Harry Cobden 89**
Runs: 14 Wins: 4 (F,3G) Places: 4 £30,555
Losing run building up, soft ground excuse last time, not discounted

8 12-24P **ZESTFUL 123 (H)**
M Keighley 5-11-2 .... **Sean Bowen 83**
Runs: 6 Wins: 2 (GS,G) Places: 2 £20,486
Promise last season, has shown nothing in two starts this term, avoid

9 P41061 **SAMUEL SPADE 23**
B Pauling 5-11-1 .... **Beau Morgan (5) 94**
Runs: 11 Wins: 4 (S,GS,2G) Places: 1 £35,503
Jumped poorly but still won well latest, still lightly raced, could place

10 -31728 **BASHERS REFLECTION 39 (P★,T;D)**
B Case 7-10-13 .... **Harry Bannister 89**
Runs: 15 Wins: 4 (3S,G) Places: 3 £34,108
Inconsistent, return to this level will suit but more exposed than most

11 -34912 **WHATSUPWITHYOU 17 (P,T;D)**
B Pauling 10-10-13 .... **Ben Jones 83**
Runs: 29 Wins: 4 (F,2S,G) Places: 10 £55,746
Veteran, went clear with younger rival last time, looks vulnerable again

12 421212 **TITAN DISCOVERY 32 (BF,D)**
R Llewellyn 6-10-12 .... **Liam Harrison 98**
Runs: 8 Wins: 2 (S,GS) Places: 4 £33,002
Edged out by useful rival last time, yard in incredible form, dangerous

13 6/12F7 **LORD OF CHESHIRE 53**
N Twiston-Davies 7-10-12 ... **Sam Twiston-Davies 87**
Runs: 9 Wins: 3 (2S,G) Places: 2 £20,441
Weakened quickly in puzzling run at Kempton, not an obvious pick

14 153352 **ARQOOB 24**
L Wadham 6-10-8 .... **Bryony Frost 92**
Runs: 12 Wins: 2 (S,G) Places: 6 £52,544
Ran an eyecatching race at Ascot, not fully exposed, place material

15 -35341 **SEA INVASION 17**
C Gordon 6-10-7 .... **Freddie Gingell (5) 97**
Runs: 6 Wins: 1 (G) Places: 2 £11,950
Jumped well in impressive handicap debut, will improve, big chance

16 063121 **DOYEN QUEST 26**
D Skelton 6-10-7 .... **Harry Skelton 96**
Runs: 8 Wins: 3 (S,2GS) Places: 2 £20,977
Very game in a close Newbury finish, 7lb rise demands more, player

17 312414 **UGGY UGGY UGGY 177 (BF)**
K Burke 6-10-4 .... **Miss Megan Bevan (7) 80**
Runs: 9 Wins: 2 (G) Places: 1 £18,231
Struggled in step up in grade last time, new trainer, would be a shock

18 252332 **ARTISTIC ENDEAVOUR 44 (BF)**
T Vaughan 6-10-2 .... **Alan Johns 78**
Runs: 8 Places: 4 £13,460
Consistent, often runs his race but this is a big step up in grade, avoid

BETTING: 4 Spring Note, 13-2 Doyen Quest, Titan Discovery, 10 Sea Invasion, 11 Kamsinas, Windtothelightning, Samuel Spade

WHERE FAVOURITES FINISHED: 5 abd 1-3 5 8

2023: Willaston 7-10-12, J Hamilton 33-1 (M Walford), 13 ran.

Sunracing FORM

PENTLAND HILLS pulled up latest, earlier (12-0) 6-1 led 3 out, headed next, btn 1¾l by Serious Operator (10-6) (9 ran) (Doncaster 2m 3f hcap hdle (3) £10,562 good to soft).
KAMSINAS (11-11) 5-2 led last, ran on, bt Be Aware (11-9) 1l (6 ran) (Kempton 2m 5f nov hdle (4) £4,357 soft).
PEKING ROSE (11-3) 20-1 ridden 3 out, never a threat, 8th of 14 (btn 17l) to Curley Finger (10-2) (Musselburgh 3m hcap hdle (2) £15,609 soft).
WINDTOTHELIGHTNING (12-2) 9-2 5th of 9 (btn 17l) to Uncle Bert (11-0) (Wetherby 2½m hdle (3) £9,242 soft).
SPRING NOTE (11-1) 2-1 made all, stayed on well run-in, bt Brentford Hope (11-12) 2l (6 ran) (Newbury 2m hcap hdle (3) £10,744 heavy).
LALLYGAG (11-9) 11-1 faded, 5th of 9 (btn 16l) to Into The Park (11-2) (Taunton 2m hcap hdle (3) £7,367 soft).
ZESTFUL pulled up latest, earlier (11-12) 5-2 every chance when ridden 3 out, plugged on one pace, 4th of 5 (btn 9¾l) to Shared (11-1) (Chepstow 2m hcap hdle (2) £13,008 heavy).
SAMUEL SPADE (11-11) 9-4 fav led last, stayed on strongly, bt Kansas Du Berlais (11-4) 3¼l (Huntingdon 2m 5f hcap hdle (4) £5,281 good).
BASHERS REFLECTION (11-1) 25-1 ridden 2 out, plugged on, 8th of 16 (btn 21l) to Go Dante (11-4) (Sandown 2m hcap hdle (2) £51,440 soft).
WHATSUPWITHYOU (11-7) 14-1 led until 5th, kept on, btn 4¼l by Emailandy (11-12) (9 ran) (Plumpton 2½m hcap hdle (3) £13,202 good).
TITAN DISCOVERY (10-7) 9-2 fav stayed on strongly, btn ½l by Boombawn (11-2) (11 ran) (Kempton 2m 5f hcap hdle (2) £20,812 good to soft).
SAMUEL SPADE (10-12) 7-2 raced wide in close 4th, not fluent, went 3rd home turn, mistake 2 out, weakened, 6th of 7 (btn 20l) to Mark Of Gold (11-7) **LORD OF CHESHIRE** (10-13) 10-1 led until 4 out, pushed along 3 out, tailed off, last (btn 25l) (Kempton 2m 5f hcap hdle (3) £10,562 soft).
ARQOOB (10-11) 6-1 chased leaders until lost place 4th, rallied 3 out, not clear run turning in, stayed on btn 6l by Supreme Gift (11-6) (Ascot 2¾m hcap hdle (3) £8,450 good).
SEA INVASION (11-11) 7-2 fav handy, led 3 out, easily, bt A Tickatickatiming (11-7) 7l (10 ran) (Plumpton 2½m nov hcap hdle (4) £7,922 good).
DOYEN QUEST (11-1) 10-3 fav held up rear, headway 4 out, tracked leaders going best 2 out, pressed leader next, ridden to lead run in, bt Steel Ally (11-13) nk (14 ran) (Newbury 2m hcap hdle (3) £8,265 good to soft).
ARQOOB (11-6) 9-2 ridden 2 out, kept on one pace run-in, 3rd of 9 (btn 5l) to Small Bad Bob (10-1) **UGGY UGGY UGGY** (11-3) 11-4 fav midfield, headway 3 out, ridden 2 out, not fluent last, one pace, 4th (btn 6l) (9 ran) (Plumpton 2m hcap hdle (3) £10,562 good to soft).
ARTISTIC ENDEAVOUR (12-0) 11-8 fav prominent, led 4 out, not fluent 3 out, headed 2 out, btn 4l by I'm A Starman (11-5) (4 ran) (Plumpton 3m 1f hcap hdle (4) £5,281 soft).

TEMPLEGATE'S VERDICT

2.05

DOYEN QUEST battled right to the line when scoring at Newbury last time and he can be competitive again for the title-chasing Skeltons. That was just his second spin in a handicap so there should be more to come over this longer trip. **Spring Note** is up 7lb for scoring at Newbury last month but she did it easily and should be able to defy that. She's another who will be happy over this longer distance. Nicky Henderson has another chance with **Pentland Hills** who isn't the force he was but is coming down the weights and likes this sort of trip. **Sea Invasion** improved to score on handicap debut at Plumpton last time and is a proven stayer. This is hotter company but he's on the upgrade. **Lallygag** is coming down the handicap and will be helped by this step up in distance under Harry Cobden.

2.40 MATT HAMPSON SILVER TROPHY HCAP CHASE (2); £39,865; 2m 5f (12 runners)

1 253115 **HANG IN THERE 171 (D)**
E Lavelle 10-11-12 .... **Joe Anderson (5) 90**
Runs: 33 Wins: 11 (S,F,9G) Places: 6 £172,088
In good form when last seen, tough task off a big weight after a break

2 F-0149 **FINAL ORDERS 151 (P)**
G Cromwell (Ire) 8-11-7 .... **Keith Donoghue 95**
Runs: 32 Wins: 8 (2S,3G) Places: 4 £118,970
Irish raider, out of form last twice but down to a good mark, interesting

3 -32308 **IL RIDOTO 34 (P,T;CD)**
P Nicholls 7-11-4 .... **Harry Cobden 97**
Runs: 22 Wins: 4 (S,GS) Places: 5 £186,330
Course specialist, tricky mark but ran well at the Festival, in the hunt

4 1-5644 **SAIL AWAY 60 (T)**
D Skelton 8-11-3 .... **Harry Skelton 98**
Runs: 17 Wins: 3 (2G) Places: 4 £102,887
Huge run in a Grade 1 latest, back in hcaps off a fair mark, dangerous

5 2-32U5 **IN EXCELSIS DEO 34**
H Fry 6-10-12 .... **Jonathan Burke ●99**
Runs: 11 Wins: 2 (S) Places: 3 £58,096
Jumping let him down at the Festival, still lightly raced, obvious appeal

6 412150 **PRESENTANDCOUNTING 200 (D)**
D McCain 10-10-10 .... **Theo Gillard 85**
Runs: 33 Wins: 14 (A,GS,10G) Places: 7 £133,254
Has found life tough since easy Perth win, still on a harsh mark, avoid

7 331211 **SCARFACE 16 (P)**
J Tizzard 7-10-9 .... **Brendan Powell 96**
Runs: 19 Wins: 5 (S,GS,3G) Places: 3 £116,187
On a roll, jumps really well and may have more to offer, one to consider

8 P5-F16 **IDALKO BIHOUE 113 (C)**
N Twiston-Davies 6-10-9 .... **Sam Twiston-Davies 97**
Runs: 9 Wins: 3 (S,G) Places: 1 £20,182
Unexposed, ran no race last time but was promising prior, go close

9 789183 **DO YOUR JOB 32 (P,T;D)**
C Longsdon 10-10-8 .... **Lilly Pinchin 90**
Runs: 24 Wins: 7 (4S,3GS) Places: 5 £122,985
Not disgraced at Kempton latest, capable off this mark, out-run odds

10 6-3123 **OUR JET 83 (P,T;BF,D)**
D Skelton 8-10-8 .... **Ciaran Gethings 86**
Runs: 14 Wins: 4 (S,GS,2G) Places: 6 £47,424
Safely held in a lower grade last time, this is much tougher, down list

11 123-55 **GEMIRANDE 35**
V Williams 8-10-6 .... **Charlie Deutsch 94**
Runs: 21 Wins: 4 (2GS,G) Places: 10 £88,743
Down to good mark after two indifferent runs this season, not ruled out

12 /F6560 **TORN AND FRAYED 34 (CD)**
N Twiston-Davies 10-10-6 .... **James Turner (7) 92**
Runs: 23 Wins: 3 (S,2G) Places: 5 £95,110
Never dangerous in two similar races, needs a strong pace, each-way

BETTING: 3 In Excelsis Deo, 11-2 Il Ridoto, 13-2 Scarface, 15-2 Final Orders, 8 Sail Away, 11 Gemirande, Torn And Frayed, Our Jet

WHERE FAVOURITES FINISHED: 1-3-6 abd 4 1 FE

2023: Caribean Boy 9-11-12, D Jacob 28-1 (N Henderson), 12 ran.

Sunracing FORM

HANG IN THERE (11-2) 20-1 in rear of mid-division, ridden along last, kept on, 5th of 11 (btn 8¼l) to Jetoile (11-0) **DO YOUR JOB** (10-10) 9-1 led, headed 8th, ridden 3 out, weakened run-in, 7th (btn 14l) (Aintree 2½m hcap ch Grd 2 £45,560 good to soft).
IL RIDOTO (10-5) 12-1 handy, headway 5 out, ridden 3 out, stayed on, 3rd of 14 (btn 12l) to Stage Star (11-7) **FINAL ORDERS** (10-9) 33-1 always rear, 9th (well btn) **TORN AND FRAYED** (10-2) 20-1 close up, pushed along 3 out, fading, fell 2 out (14 ran) (Cheltenham 2½m hcap ch (1) £90,032 soft).
IN EXCELSIS DEO (10-13) 14-1 rear, hampered 4 out, headway last, stayed on, 5th of 21 (btn 4¼l) to Shakem Up'arry (11-5) **IL RIDOTO** (11-3) 14-1 in touch, pushed along and headway 2 out, ridden and kept on 8th (btn 9¼l) **TORN AND FRAYED** (10-6) 50-1 rear, ridden 3 out, ran on, 10th (btn 15l) (21 ran) (Cheltenham 2m 5f hcap ch (1) £67,524 soft).
SAIL AWAY (11-10) 18-1 no show, last of 4 (btn 10l) to Pic D'Orhy (11-10) (Ascot 2m 5f ch Grd 1 £99,662 good to soft).
PRESENTANDCOUNTING (12-0) 15-2 ridden 4 out, 10th of 12 (btn 43l) to Found On (11-12) (Market Rasen 2m 5f hcap ch (3) £11,618 good).
SCARFACE (11-8) 16-5 travelled well but jumped poorly, led 2 out, easily, bt Black Gerry (12-0) 4½l (7 ran) (Plumpton 2½m hcap ch (2) £26,164 good).
IDALKO BIHOUE (11-10) 7-2 led until 4 out, 6th of 8 (btn 23l) to Blow Your Wad (11-10) (Kempton 2½m nov hcap ch (3) £14,259 good).
DO YOUR JOB (11-0) 22-1 tracked leaders, ridden in 3rd turning for home, stayed on, 3rd of 8 (btn 10l) to Outlaw Peter (11-1) (Kempton 2½m hcap ch (2) £31,218 good to soft).
OUR JET (12-0) 11-4 jt fav led 10th, headed 3 out, 3rd of 8 (btn 7½l) to Docpickedme (11-7) (Wetherby 2m 3f hcap ch (3) £7,922 soft).
GEMIRANDE (10-6) 40-1 led until 4 out, plugged on, 5th of 16 (btn 17l) to Unexpected Party (10-10) (Cheltenham 2m hcap ch (1) £70,338 soft).

TEMPLEGATE'S VERDICT

2.40

IN EXCELSIS DEO came from a mile back to finish fifth in the Festival Plate when having to weave through traffic. He's back from the same mark and looks hard to beat. **Scarface** has been in form at lesser levels and saw out this trip well at Plumpton latest. He's going up the weights but keeps improving. Gavin Cromwell is always respected and his **Final Orders** will find this easier than the Paddy Power Gold Cup he contested last time out. **Il Ridoto** has a fine record over this course and distance. He's down to a very winnable mark and is right in the hunt. **Sail Away** drops down from Grade 1 company and could make this a stamina test from the front.

3.15 GLOUCESTER BREWERY HOLMAN HANDICAP CHASE (3); winner £10,562; 3m 4f. (18 runners)

1 5-F7U0P **COEUR SEREIN 130 (P)** Jonjo O'Neill 10-12-0 .... **Jonjo O'Neill Jr 85**
2 30471P7 **ORGANDI 113** R Phillips 12-12-0 .... **Finn Lambert (3) 83**
3 /32-P32 **HYMAC 32 (T)** H Fry 8-11-12 .... **Jonathan Burke 94**
4 7P-15P3 **ENQARDE 45 (T)** Dr R Newland & J Insole 10-11-12 ..... **Charlie Hammond 82**
5 3165022 **MIDNIGHT OUR FRED 123 (T)** J Flavin (Ire) 7-11-11 .... **Danny Mullins 88**
6 4111-P5 **NORTHERN POET 32** N Gifford 9-11-10 .... **James Davies 89**
7 311PPP3 **BLADE RUNNER 49 (P;D)** C Gordon 8-11-10 .... **Rex Dingle 82**
8 4-21325 **ANIMAL 62 (BF)** S Smith 8-11-9 .... **Gavin Sheehan 90**
9 67-4413 **PEEJAYBEE 26 (BF)** P Bowen 8-11-8 .... **Sean Bowen 92**
10 P-32312 **BRETNEY 38 (P)** H Daly 9-11-8 .... **Sam Twiston-Davies ●99**
11 515P2P6 **DEE STAR 178 (P,T)** G Hanmer 11-11-6 .... **Kevin Brogan 81**
12 3-16414 **WHYDAH GALLY 49 (P,T)** J Tizzard 8-11-6 .... **Brendan Powell 88**
13 -39P2PP **DIDERO VALLIS 10 (B)** V Williams 11-11-4 .... **Charlie Deutsch 80**
14 F6-3F21 **BETTERFOREVERYONE 56 (V)** A King 7-11-4 .... **Tom Cannon 97**
15 -42831U **STELLAR STREAM 17 (P;BF)** K Woollacott 7-11-2 .... **Ben Godfrey (3) 95**
16 5-61121 **HASTON CLERMONT 42** Noel Williams 7-11-2 .... **Harry Cobden 96**
17 63-P575 **PLANNED PARADISE 60 (P)** C Williams 8-11-0 .... **Jack Tudor 88**
18 5564122 **GINGERBRED 23 (BF)** P Hobbs & J White 6-10-12 .... **Michael Nolan 89**

BETTING: 9-2 Midnight Our Fred, Betterforeveryone, 7 Bretney, Haston Clermont, 8 Stellar Stream, 10 Hymac, 12 Peejaybee, Animal

WHERE FAVOURITES FINISHED: PU

2023: Madera Mist 9-10-5 Alan Johns 14-1 (T Vaughan), 20 ran.

3.50 SAFRAN LANDING SYSTEMS HANDICAP HURDLE (2); value to the winner £13,202; 3m. (16 runners)

1 371P4P- **PROSCHEMA 368 (C,D)** D Skelton 9-12-0 .... **Harry Skelton 85**
2 5205-16 **CALL ME LORD 101 (C)** N Henderson 11-11-13 .... **Ben Bromley (5) 86**
3 1-47346 **GOWEL ROAD 34 (C)** N Twiston-Davies 8-11-10 .... **James Turner (7) 95**
4 -314P21 **SUPREME GIFT 24 (V)** H Daly 7-11-4 .... **Sam Twiston-Davies 98**
5 0-8412P **PULL AGAIN GREEN 160 (T;C)** F O'Brien 8-11-2 .... **Liam Harrison 84**
6 4950-4U **PARTY BUSINESS 172** I Williams 8-11-1 .... **Charlie Todd 83**
7 140-430 **HECTOR JAVILEX 34 (T;CD)** C Longsdon 7-11-0 .... **Lilly Pinchin 81**
8 15U2331 **MOON D'ORANGE 71 (P)** F O'Brien 6-10-13 .... **Paddy Brennan 96**
9 62-5243 **COPPER COIN 46 (D)** M Scudamore 11-10-11 .... **Beau Morgan (5) 88**
10 2224231 **SHALLOW RIVER 66 (P)** H Dickin 8-10-11 .... **Bradley Harris (3) 97**
11 P45-P55 **HARBOUR LAKE 32** A King 8-10-10 .... **Tom Cannon 94**
12 2-51466 **WISEGUY 67 (D)** N Henderson 8-10-9 .... **Nico De Boinville 82**
13 3-1U1P6 **GOSHHOWPOSH 18 (B)** P Hobbs & J White 7-10-9 .... **Michael Nolan 90**
14 4-22435 **GYENYAME 26 (P)** J Tizzard 6-10-2 .... **Brendan Powell 92**
15 34141 **ZAIN NIGHTS 26 (P;D)** L Wadham 5-10-2 .... **Bryony Frost ●99**
16 34413-5 **TED'S FRIEND 26 (T)** F O'Brien 8-10-2 .... **Max Kendrick 85**

BETTING: 13-2 Zain Nights, Supreme Gift, 15-2 Shallow River, Moon D'orange, 8 Gowel Road, 10 Harbour Lake, 11 Gyenyame, 14 Goshhowposh, Copper Coin

WHERE FAVOURITES FINISHED: 3

2023: Broadway Boy 5-10-13 S Twiston-Davies 3-1 (N Twiston-Davies), 11 ran.

4.25 WEATHERITE AIR CONDITIONING HANDICAP CHASE (2); value to winner £15,609; 3m 2f. (14 runners)

1 P-48P1P **STUMPTOWN 36 (B;C)** G Cromwell (Ire) 7-12-2 .... **Keith Donoghue 97**
2 /27P-6P **ESCARIA TEN 92 (P)** M Keighley 10-12-0 .... **Sean Bowen 80**
3 7-41PPP **CEPAGE 34 (B★;C)** V Williams 12-11-7 .... **Charlie Deutsch 98**
4 3421-PP **CAPTAIN CATTISTOCK 150 (P,T;CD)** F O'Brien 11-11-4... **Liam Harrison 82**
5 0/4P-F9 **FULL BACK 60 (CD)** G Moore 9-10-13 .... **Caoilin Quinn (3) 85**
6 2P-2U82 **MANOTHEPEOPLE 76 (P;D)** F O'Brien 9-10-13 .... **Paddy Brennan 96**
7 36-P414 **JAVA POINT 32 (T)** H Oliver 9-10-12 .... **Jonathan Burke 95**
8 33-1414 **ARE U WISE TO THAT 26 (C)** Jonjo O'Neill 7-10-12 .... **Jonjo O'Neill Jr 98**
9 5P6F16P **HIDDEN HEROICS 46 (P;C,D)** D Skelton 7-10-10 .... **Harry Skelton 88**
10 2-PP785 **MORODER 17 (B★;D)** S Mullins 10-10-10 .... **James Best 88**
11 1-P5112 **SOME SCOPE 46 (T;BF)** R Hobson 6-10-10 .... **Gavin Sheehan ●99**
12 P-3F2PP **WAYFINDER 66 (P;D)** R Curtis 10-10-8 .... **Ben Jones 90**
13 P-232U5 **COURT MASTER 173 (P)** N Mulholland 11-10-8 .... **Richie McLernon 85**
14 -6564P2 **LASKALIN 37 (P;D)** V Williams 9-10-3 .... **Charlie Deutsch 92**

BETTING: 4 Some Scope, 5 Are U Wise To That, 6 Stumptown, 15-2 Manothepeople, 8 Java Point, Court Master, Laskalin, 14 Wayfinder, Hidden Heroics

WHERE FAVOURITES FINISHED: PU abd 4 PU 1

2023: Captain Cattistock 10-10-12 Liam Harrison 9-2 Fav (F O'Brien), 11 ran.

Sunracing FORM

STUMPTOWN pulled up latest, earlier (11-11) 5-1 led 2 out, drew clear, ran on, bt Inch House (11-6) 5l (Cheltenham 3m 1f hcap ch (2) £26,015 heavy).
CAPTAIN CATTISTOCK pulled up last twice, earlier (10-12) 9-2 fav led with ears pricked last, clear but idled badly run-in, bt Lord Du Mesnil (11-11) ¾l **HIDDEN HEROICS** (11-1) 13-2 led until 3 out, 5th (btn 14l) **JAVA POINT** (11-1) 15-2 ridden 3 out, no show, 6th (btn 36l) (11 ran) (Cheltenham 3¼m hcap ch (2) £15,609 good).
MANOTHEPEOPLE (11-5) 7-1 every chance, stayed on, btn 2¼l by Quick Draw (12-0) (7 ran) (Wincanton 3m 1f hcap ch (3) £10,562 good to soft).
JAVA POINT (12-0) 10-3 pushed along 3 out, no impression, 4th of 8 (btn 8l) to Slipway (12-2) (Kempton 3m hcap ch (3) £7,077 good to soft).
ARE U WISE TO THAT (11-6) 5-1 kept on one pace, 4th of 7 (btn 12l) to Neon Moon (11-0) (Newbury 2m 7f nov hcap ch (3) £10,034 good to soft).
MORODER (11-6) 12-1 5th of 6 (btn 36l) to Cap Du Nord (10-6) (Plumpton 3¼m hcap ch (3) £18,484 good).
SOME SCOPE (10-4) 3-1 fav rear, ridden 3 out, ran on, btn 3¼l by Does He Know (12-0) (10 ran) (Doncaster 3¼m hcap ch (2) £44,268 soft).
COURT MASTER (11-13) 12-1 led last, soon headed, 5th of 19 (btn 1¾l) to Mole Court (11-4) (Cheltenham 3m 1f amat hcap ch (3) £9,934 good).
LASKALIN (10-8) 9-2 mid-division, never fluent, mistake 7 out, ridden and outpaced 3 out, rallied to lead last, headed run-in, btn 1¼l by Broken Halo (11-9) (7 ran) (Taunton 3½m hcap ch (3) £9,242 soft).

5.00 CHELTENHAM PONY RACING GRADS HICAP HURDLE (CONDS/AMATS) (3); £10,406; 2m 1f. (18 runners)

1 222U119 **GEROMINO 46 (T;D)** D McCain 8-12-0 .... **Charlie Maggs (7) 90**
2 1155371 **OUR CHAMP 17 (T;C)** C Gordon 6-11-10 .... **Freddie Gordon (5) 98**
3 2110-PP **PARRAMOUNT 17 (T;D)** C Longsdon 8-11-9 .... **Lilly Pinchin 83**
4 /1211-7 **WILD MAX 57 (T;D)** P Nicholls 9-11-8 .... **Miss Olive Nicholls (7) 89**
5 1523249 **CASTEL GANDOLFO F16 (B,T)** F O'Brien 7-11-5 . **Miss Fern O'Brien (7) 87**
6 1103/9F **MICK MAESTRO 145 (D)** N Kent 11-11-5 .... **Tom Midgley (3) 85**
7 -174940 **A LAW OF HER OWN 73 (D)** D Skelton 7-11-4 .... **Fergus Gillard 81**
8 2-13143 **MAGICAL MAGGIE 33 (BF,D)** A Ralph 7-11-3 .... **Toby Wynne (3) 92**
9 45U1-35 **TAKEIT EASY 26** P Sly 9-11-2 .... **Mr Jack Andrews (3) 83**
10 -F21120 **NORMAN FLETCHER 67 (D)** N Twiston-D 5-11-2 **Mr Toby M-Mitchell (7) 94**
11 22-0151 **TINTINTIN 37 (T)** F O'Brien 5-11-2 .... **Mr Tom Broughton (5) 96**
12 134-815 **RARE MIDDLETON 17 (T;D)** P Nicholls 5-11-0 .... **Freddie Gingell (5) 95**
13 7511499 **MOVEIT LIKE MINNIE 17 (T)** N Twiston-Davies 7-11-0 . **Finn Lambert (3) 87**
14 /3P-654 **IN THIS WORLD 107 (BF)** D Skelton 6-10-13 .... **Tristan Durrell (3) 97**
15 7134213 **TAPLEY 17** S Smith 7-10-13 .... **Elizabeth Gale (7) 93**
16 P4-6P6P **WITNESS PROTECTION 85 (P)** M Keighley 11-10-12 .... **Harry Atkins (7) 80**
17 /16P-21 **GETAWAY DRUMLEE 20** B Pauling 8-10-11 .... **Beau Morgan (5) ●99**
18 3526-22 **BOLD REACTION 71 (BF)** N Henderson 7-10-10 ...... **Miss Gina Andrews 97**

BETTING: 13-2 Our Champ, 15-2 In This World, Getaway Drumlee, 8 Tintintin, 10 Rare Middleton, Norman Fletcher, Tapley, Magical Maggie

WHERE FAVOURITES FINISHED: 1-7

2023: Black Poppy 7-11-5 Luca Morgan 10-3 JtFav (Kerry Lee), 13 ran.

TEMPLEGATE

1.30 .... Encanto Bruno
2.05 .... Doyen Quest
2.40 ....IN EXCELSIS DEO (nap)
3.15 .... Haston Clermont
3.50 .... Shallow River
4.25 .... Some Scope
5.00 .... Bold Reaction

TOM PEPPER

1.30 .... Diamond Ri
2.05 .... Spring Note
2.40 .... Sail Away
3.15 .... Midnight Our Fred
3.50 .... Supreme Gift
4.25 .... Manothepeople
5.00 .... Bold Reaction

TIC-TAC: L-H oval course of just over 1m 4f with uphill finish. **FAVOURITES:** (2019-2024): 170 have won out of 549 races (31%). **LIVE ON RACING TV**

HOT 'N NOT

TRAINERS with best record in last 14 days: H Dickin 5 winners from 16 runners; N Henderson 5 from 20; B Pauling 5 from 21; P Nicholls 8 from 39; G Cromwell 5 from 29; D Skelton 6 from 43. **JOCKEYS with best record in last 14 days:** B Harris 4 wins from 8 rides; T McCain-Mitchell 4 from 9; N De Boinville 4 from 16; S Bowen 6 from 24. **TRAINERS who have had the most runners since last win:** G L Moore 39; I Williams 34. **JOCKEYS who have had the most rides since last win:** M Kendrick 43.

TOP TRAINERS

2019-2024 N Henderson 38-260, D Skelton 26-246, P Nicholls 22-232, N Twiston-Davies 18-191, F O'Brien 17-176, G Cromwell 13-54. **THIS SEASON:** G Cromwell 9, N Henderson 7.

TOP JOCKEYS

2019-2024 N De Boinville 24-148, H Skelton 24-191, S Twiston-Davies 22-202, H Cobden 20-200, G Sheehan 11-91. **THIS SEASON:** H Cobden 9, K M Donoghue 6, N De Boinville 5, H Skelton 5.

TRAINER TRACE

FIRST RACE FOR NEW YARD: 2.05 Uggy Uggy Uggy M Harris to K Burke; **3.50 Shallow River** A Charlton to H Dickin; **4.25 Escaria Ten** P Quinton (Fr) to M Keighley; **5.00 A Law Of Her Own** Peter Fahey (Ire) to D Skelton. **RACEFAX:** N Henderson won 1.30 in 2015, 2017 & 2018. F O'Brien won 4.25 in 2016, 2022 & 2023. **LONGEST TRAVELLERS: Myretown** (1.30) trained by L Russell, Kinross, round trip of 726 miles; **Mick Maestro** (5.00) trained by N Kent, Brigg, round trip of 354 miles; **Animal** (3.15) & **Tapley** (5.00), Suzy Smith, Littlehampton, 326 miles.

IN THE MONEY

MONEY TALKS: Leader In The Park (1.30) opened 10-11, won at 4-6f; **Kamsinas** (2.05) opened 7-2, won at 5-2; **Magical Maggie** (5.00) opened 9-2, third at 10-3j. **TOP EARNERS:** 3.50 **Call Me Lord** £346,716; 4.25 **Cepage** £210,965; 2.05 **Pentland Hills** £192,262; 2.40 **Il Ridoto** £186,330.

UNDER ORDERS

BLINKERED FIRST TIME: 2.05 Teddy Blue; 4.25 Moroder; 4.25 Cepage. **FIRST RUN SINCE WIND OP:** None. **WEIGHTWATCHER:** 3.15 **Coeur Serein** (won off 140 down 15lb to 125). **JOB JOCKEY:** B Harris rides **Shallow River** (3.50) for H Dickin, 3 from 5, 60%. L Harrison rides **Titan Discovery** (2.05) for R L Llewellyn, 12 from 31, 39%. O Nicholls rides **Wild Max** (5.00) for P Nicholls, 8 from 21, 38%.

PROBETS

EYECATCHER: PEAKY BOY (1.30 Cheltenham) looked a potential class act when winning here on New Year's Day.
SUPER SPEED: OTTOMAN FLEET (3.00 Newmarket) clocked a fast time when scoring here last time.
WON AT CRAVEN MEETING: SUMMERGHAND, ORAZIO (1.50), OTTOMAN FLEET (3.00)

goals

Wednesday,
April 17, 2024

ALL AD'S UP . . . ace Adams hits his 100th goal to put Saints ahead against Preston

RACE FOR PREM
GAMES TO GO

SATURDAY	
Cardiff v SOUTHAMPTON	
LEICESTER v West Brom	
MONDAY	
Middlesbrough v LEEDS	
TUESDAY	
LEICESTER v SOUTHAMPTON	
APR 26	
QPR v LEEDS	
APR 27	
Hull v IPSWICH	
SOUTHAMPTON v Stoke	
APR 29	
Preston v LEICESTER	
APR 30	
Coventry v IPSWICH	
MAY 4	
IPSWICH v Huddersfield	
LEEDS v SOUTHAMPTON	
LEICESTER v Blackburn	

AS IT STANDS

		PLD	GD	PTS
1	Ipswich Town	43	32	**89**
2	Leicester City	42	41	**88**
3	Leeds United	43	42	**87**
4	Southampton	42	30	**84**

RUN-IN SCARED

Ton-up Che puts the frighteners on top 3 in big promotion battle

By CHRIS HUGHES

Southampton	3
Preston	0

CHE ADAMS fired red-hot Southampton into a four-horse promotion race.

The Scotland striker bagged a brace in the 3-0 win over Preston – the first his 100th pro goal – to move Saints within five points of Championship leaders Ipswich with a game in hand.

Stuart Armstrong also netted during a 14-minute first-half blitz as Russell Martin's men ran riot.

It was a third home win in eight days for in-form Saints.

And it means just five points separate the top four, with Southampton three behind Leeds and four behind second-placed Leicester.

Match report — Pages 2, 3

goals CHAMPIONSHIP



SOUTHAMPTON beat Preston for just the third time in the last 11 meetings (D5 L3) — and they had conceded two or more goals in four of the previous six.

BEAUTIFUL

Saints put in a perfect 10 first-half

By CHRIS HUGHES

SIZZLING Southampton look all set to gatecrash the promotion party.

A brilliant double from Che Adams set them on their way as they demolished Preston to move within four points of the top two.

This game suffered a late postponement on March 6 when an industrial unit next to St Mary's dramatically went up in flames.

And Russell Martin's men turned up the heat once more with a brutal defeat of Ryan Lowe's side which leaves the top four in the Championship separated by only five points.

Southampton still have to travel to Leicester and then face a mouth-watering clash at Elland Road on the final day to face Leeds. In this kind of form, nobody will fancy playing them.

Martin *(right)* was the toast of St Mary's as he was serenaded by the home support throughout, a far cry from when sections of the supporters wanted him out after four defeats in a row back in September.

Saints suffered a blow in the pre-match warm-up when goalkeeper Gavin Bazunu went down with a suspected ankle injury and Alex McCarthy came in from the cold to start for the first time since August.

While the three teams above them are stuttering towards the finish line, seven points from the last three games had kept Saints in touch. This revival came after they themselves had stumbled through Easter, drawing at home to Middlesbrough and losing at Ipswich.

It took a 99th-minute goal from Flynn Downes to give Martin's side a potentially priceless three points against Watford on Saturday but this game was never in doubt.

Southampton	3
Preston	0

It was Saints who made all the early running with Adam Armstrong and Kyle Walker-Peters both attempting shots from distance in the opening four minutes.

In the 12th minute of the game, the busy Stuart Armstrong carved out a chance for Adams but he was unable to keep his volley down.

Then a powerful run through midfield from Downes saw him drive deep into the Preston penalty area before defender Andrew Hughes arrived to block off the space.

A Saints goal seemed only a matter of time and it came at the end of a flowing move which finished with Adam Armstrong pulling the ball across for Adams to side foot in the 100th pro goal of his career.

Wave after wave of home pressure continued and ten minutes later Adams had his 17th of the season in another move that had Martin beaming on the touchline.

This time it came down the left side with Ryan Manning playing in Adams on the edge of the area who dummied and received a pass back from David Brooks before scoring into the bottom corner.

Adams is out of contract in the summer with Bournemouth and Wolves both reportedly in the hunt for his signature.

He almost left the club in the summer but keeping hold of him may yet prove to be the key to the Saints promotion hopes.

The hosts were rampant and both Adams and Adam Armstrong went close with audacious lobs which landed on the roof of the net as Preston keeper Freddie Woodman frantically scrambled back towards his line on both occasions.

But a third goal did come after an Duane Holmes' awful clearance dropped to Stuart Armstrong on the edge of the area and he curled it wonderfully into the corner.

Ryan Lowe's side were all at sea and the North End gaffer picked up a booking as he took his frustration out on the fourth official and the hapless Holmes who was subbed after only 39 minutes.

Meanwhile, Martin had the luxury of resting the influential Downes at half-time with Saints next in action at Cardiff on Saturday.

The second half felt like a procession as Preston tried to limit the damage and Martin made a raft of substitutions.

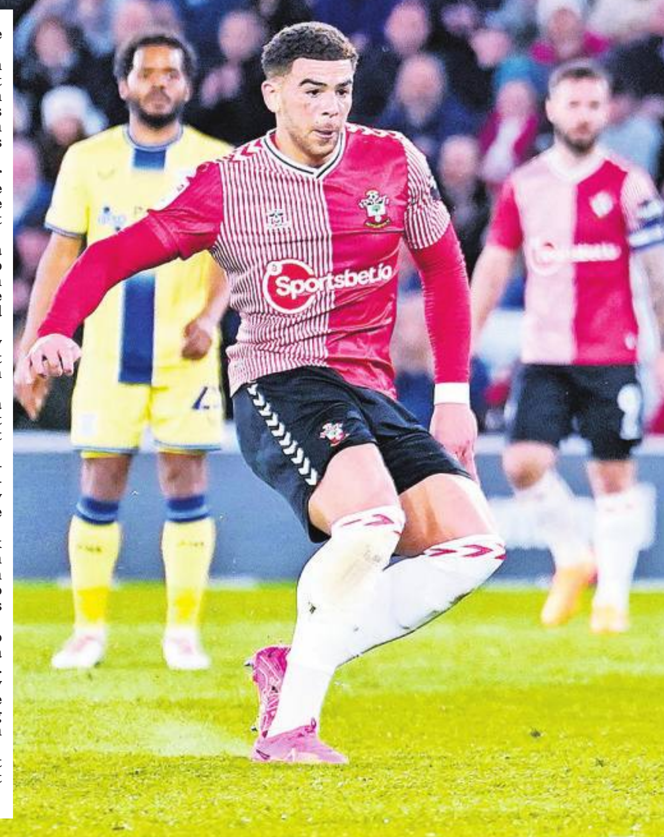
Adams almost claimed his hat-trick as he latched onto a wonderful chip from Walker-Peters only for Woodman to race from his line and block the ball with his face.

Walker-Peters was this week named in the Championship team of the year and Martin admitted on Monday that the club will have no chance of keeping the former Spurs defender unless they are promoted.

Joe Rothwell also went close to adding to the tally as he curled a free-kick just beyond the stanchion.

It is a defeat which effectively extinguishes any flicker of hope Preston may have had of claiming the final play-off place after a run of just one win in five.

Saints will be hoping to miss out on the play-offs for very different reasons.





CHE ADAMS' first goal was the 100th of his professional career — he now has 48 for the Saints to go with 15 for Sheffield United and 38 for Birmingham.



SOUTHAMPTON secured back-to-back home wins over Preston for the first time since November 1965 — with the previous win in February 2009 (3-1).



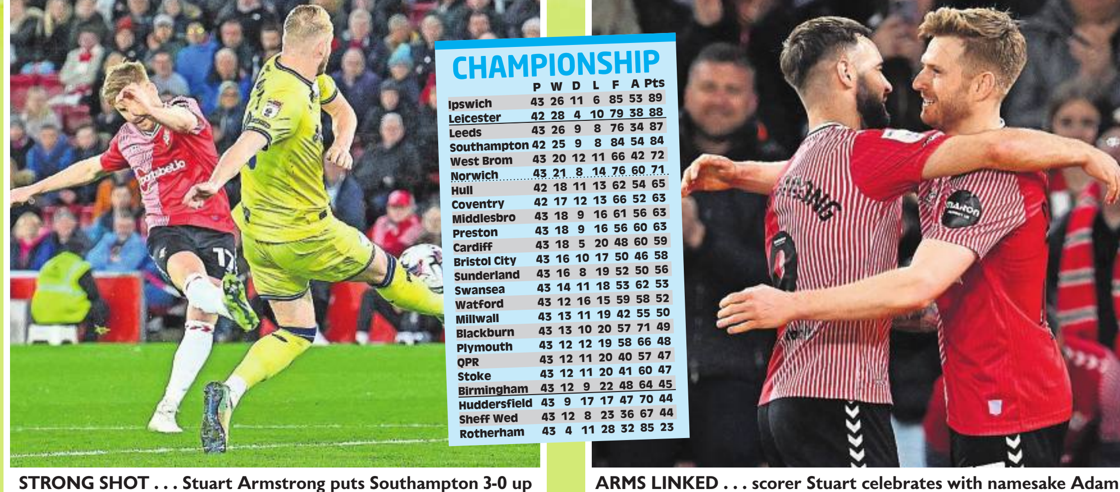
SOUTH!

as Martin eyes the Prem

MATCH STATS

SOUTHAMPTON	V	PRESTON
23	SHOTS	1
6	SHOTS ON TARGET	1
77%	POSSESSION	23%
789	PASSES	227
717	COMPLETED PASSES	142
40	TOUCHES IN OPPOSITION BOX	3
5	CORNERS	0
7	FOULS CONCEDED	12
0/0	YELLOW/RED	2/0

SAINT HE GREAT . . . Che Adams beats Preston keeper Freddie Woodman to score his and Southampton's second goal at St Mary's



CHAMPIONSHIP

	P	W	D	L	F	A	Pts
Ipswich	43	26	11	6	85	53	89
Leicester	42	28	4	10	79	38	88
Leeds	43	26	9	8	76	34	87
Southampton	42	25	9	8	84	54	84
West Brom	43	20	12	11	66	42	72
Norwich	43	21	8	14	76	60	71
Hull	42	18	11	13	62	54	65
Coventry	42	17	12	13	66	52	63
Middlesbro	43	18	9	16	61	56	63
Preston	43	18	9	16	56	60	63
Cardiff	43	18	5	20	48	60	59
Bristol City	43	16	10	17	50	46	58
Sunderland	43	16	8	19	52	50	56
Swansea	43	14	11	18	53	62	53
Watford	43	12	16	15	59	58	52
Millwall	43	13	11	19	42	55	50
Blackburn	43	13	10	20	57	71	49
Plymouth	43	12	12	19	58	66	48
QPR	43	12	11	20	40	57	47
Stoke	43	12	11	20	41	60	47
Birmingham	43	12	9	22	48	64	45
Huddersfield	43	9	17	17	47	70	44
Sheff Wed	43	12	8	23	36	67	44
Rotherham	43	4	11	28	32	85	23

STRONG SHOT . . . Stuart Armstrong puts Southampton 3-0 up

ARMS LINKED . . . scorer Stuart celebrates with namesake Adam

INSIDE TRADING

Top tips from the trading floor

in association with William HILL



ADVERTORIAL

LAST week's quarter-final first legs were a welcome tonic for those whose interest in the Champions League had started to wane.

We were treated to two classic games full of goals and I expect more of the same.

The over-3.5 goals double came in with ease and a repeat is just shy of 5-1, a very fair bet — but you could add both British sides to prevail.

Arsenal and Manchester City both to win with four or more goals (90 minutes only) pays a handsome 25-1.

Harry Kane notched for the 15th time in 20 games against Arsenal and he is 21-20 to bag again for Bayern.

I'd consider doubling him up with the dazzling Phil Foden, who was rested by City at the weekend ready for Real.

LAST NIGHTS RESULTS

UEFA CHAMPIONS LEAGUE QUARTER-FINALS SECOND LEG

BARCELONA (1) 1 PSG (1) 4
Raphinha 12 — Dembele 40, Vitinha 54, Mbappe 61 (pen), 89. Att: 50,309
Paris Saint-Germain win 6-4 on aggregate.

B DORTMUND (2)4 AT MADRID (0) 2
Brandt 34, Maatsen 39, Fullkrug 71, Sabitzer 74 — Hummels 49 (og), Correa 64. Att: 81,365
Borussia Dortmund win 5-4 on aggregate.

SKY BET CHAMPIONSHIP

SOUTHMPTN (3) 3 PRESTON (0) 0
Adams 19, 29, S Armstrong 33 — Att: 27,636

SKY BET LEAGUE ONE

BOLTON (1) 2 SHRWSBURY (2) 2
Jerome 40, Maghoma 71 — Udoh 21, Shipley 43

BRISTOL R (0) 1 CAMBRIDGE (0) 0
Martin 87 — Att: 6,526

BURTON ALB (1) 1 CHELTENHAM (0) 2
Seddon 45 — Taylor 51, Davies 71. Att: 3,020

OXFORD UTD (0) 0 LINCOLN C (0) 1
Mandroiu 47 (pen)

PETERBORO (1) 4 FLEETWOOD (1) 1
Mothersille 17, Collins 81, Clarke-Harris 90, 90 — Lawal 1

PORT VALE (0) 1 WYCOMBE (1) 2
Chislett 47 — Wheeler 4, Lonwijk 86

PORTSMOUTH (1) 3 BARNSLEY (1) 2
Yengi 9, Bishop 83 (pen), Shaughnessy 89 — Cole 6, McAtee 59. Att: 19,960

SKY BET LEAGUE TWO

COLCHESTER (1) 2 GRIMSBY (0) 0
Hopper 5, Akinde 79 — Att: 4,350

CRAWLEY TN (0) 1 BARROW (1) 1
Orsi-Dadomo 64 (pen) — Acquah 36. Att: 3,155

MANSFIELD (1) 2 ACCRINGTON (0) 1
Maris 2, Quinn 63 — Leigh 85. Att: 7,942

NOTTS CO (0) 2 STOCKPORT (3) 5
Langstaff 61, Crowley 63. Att: 11,656 — Madden 26, 33 (pen), 40, Sarcevic 50, Pye 84

WALSALL (1) 2 SWINDON (0) 1
Faal 11, Johnson 89 — Glatzel 68. Att: 4,709

CINCH LEAGUE ONE

EDINBURGH C (0)1 MONTROSE (0) 0
Marshall 62

	P	W	D	L	F	A	Pts
Falkirk (C)	33	27	6	0	89	21	87
Hamilton	33	19	8	6	66	26	65
Alloa	33	15	7	11	55	50	52
Montrose	33	13	8	12	52	53	47
Cove Rangers	33	13	7	13	53	57	46
Kelty Hearts	33	12	7	14	45	55	43
Queen of Sth	33	10	7	16	42	50	37
Annan Ath	33	8	10	15	49	63	34
Stirling	33	9	7	17	35	56	34
Edinburgh (R)	33	3	5	25	35	90	8

(Edinburgh City deducted 6 points)

SPORTS DIRECT IRISH PREMIERSHIP - Ballymena Utd 1 Glenavon 0, Crusaders 2 Cliftonville 1, Dungannon Swifts 2 Loughgall 0, Glentoran 1 Larne 2, Linfield 2 Coleraine 2, Newry 1 Carrick 3.

VANARAMA NATIONAL

FC HALIFAX (0) 0 EBBSFLEET (0) 0
Att: 1,351

OXFORD C (0) 1 BROMLEY (2) 3
Greenslade 75 — Krauhaus 2, Odutayo 5, Whitely 64

WEALDSTONE (0)0 EASTLEIGH (0) 1
Maguire 88. Att: 1,662

ROCHDALE (0) 0 BOREHAM W (0) 0

	P	W	D	L	F	A	Pts
Chesterfld (C)	45	30	5	10	103	63	95
Barnet	45	25	8	12	87	59	83
Bromley	45	22	15	8	72	47	81
Altrincham	45	21	11	13	83	59	74
Solihull Moors	45	20	13	12	70	62	73
Gateshead	44	21	9	14	86	62	72
FC Halifax	44	18	13	13	53	48	67
Southend	45	21	12	12	69	43	65
Aldershot	44	19	8	17	70	80	65
Oldham	44	15	17	12	59	55	62
Rochdale	45	15	14	16	67	63	59
Eastleigh	45	16	11	18	73	84	59
Maidenhead	45	15	13	17	58	64	58
Hartlepool	45	16	9	20	66	79	57
Dag & Red	45	14	13	18	66	60	55
AFC Fylde	45	15	10	20	74	79	55
Wealdstone	45	14	11	20	57	70	53
York	45	12	17	16	55	68	53
Ebbsfleet	45	14	11	20	59	74	53
Woking	45	14	10	21	46	55	52
Boreham W	45	12	15	18	59	73	51
Kid'minster (R)	45	11	13	21	39	55	46
Dorking (R)	45	12	9	24	51	81	45
Oxford (R)	45	8	9	28	54	93	33

(Southend deducted 10 points)

VANARAMA NORTH - Banbury Utd 0 Boston Utd 1.

VANARAMA SOUTH - St Albans 1 Hampton & Richmond 0, Taunton Town 1 Torquay 2, Truro City 1 Dover 0, Weston-S-Mare 1 Eastbourne Borough 1.

THE PITCHING IN NORTHERN PREMIER - Atherton Collieries 0 Macclesfield 1, Bamber Bridge 1 Ilkeston Town 4, Matlock Town 0 Gainsborough Trinity 4, Whitby Town 3 Morpeth Town 1.

THE PITCHING IN SOUTHERN PREMIER CENTRAL - Coalville Town 0 Stourbridge 0, Kettering 1 Stamford 2.

THE PITCHING IN ISTHMIAN PREMIER - Canvey Island 4 Hornchurch 1, Folkestone Invicta 1 Concord Rangers 1, Lewes 2 Horsham 1, Potters Bar Town 2 Haringey Borough 1, Whitehawk 3 Kingstonian 0.

THE PITCHING IN SOUTHERN PREMIER SOUTH - Poole Town 2 Plymouth Parkway 2, Sholing 2 Hendon 2, Tiverton Town 0 Dorchester Town 2, Winchester City 2 Merthyr Town 0.

TODAY'S SPORT

(7.45 unless stated)

UEFA CHAMPIONS LEAGUE QUARTER-FINALS SECOND LEG

Bayern Munich (2) v Arsenal (2) 8.0
(Live on TNT Sports 2)

Man City (3) v Real Madrid (3) ... 8.0
(Live on TNT Sports 1)

FA WOMEN'S SUPER LEAGUE

Chelsea v Aston Villa 7.0
(Live on Sky Sports Main Event)

VANARAMA NATIONAL

Gateshead v Aldershot ....

CINCH PREMIERSHIP

Dundee v Rangers 8.0
(Live on Sky Sports Football)

HIGHLAND LEAGUE: Formartine United v Inverurie Loco Works (8.0), Forres Mechanics v Wick Academy (8.0), Fraserburgh v Brora (8.0), Strathspey Thistle v Buckie Thistle (8.0).



PORTSMOUTH will be back in the Championship after 12 years away — they have spent just two campaigns since 2002-03 in the second tier.



POSH BOSH . . . Mothersille (left) levels for Peterborough

Cod Army pay penalty

By TONY RUSHMER

ARCHIE COLLINS' cool finish and Jonson Clarke-Harris' added-time double shoved Fleetwood to the brink of relegation.

But Cod Army only had themselves to blame for their loss after Promise Omochere and Bosun Lawal missed from the spot.

Lawal boosted Cod Army's survival hopes early on when he fired them ahead after just 13 seconds.

But in the tenth minute Omochere's penalty was saved by Peterborough keeper Jed Steer. Malik Mothersille notched his first EFL goal in the 17th minute to make it 1-1.

The visitors were given a golden opportunity to go back in front with 14 minutes left when Josh Knight felled Omochere.

But Steer this time kept out Lawal's penalty.

Fleetwood's frustration increased when Collins buried an 81st minute shot.

And sub Clarke-Harris made sure of the points for the hosts with his double.

Boss Charlie Adam's side are six points from safety with just two games remaining.

Peterborough's victory ensures them a place in the play-offs.

Posh still hold slim automatic hopes — they are six points behind second-placed Derby and have a game in hand.

Lawal gave Cod Army a dream start when he thumped a 20-yard blast.

It could have been even

Peterborough...4
Fleetwood..........1

worse after Lawal tumbled under Ronnie Edwards' challenge and ref Seb Stockbridge pointed to the spot.

Omochere stepped up but Steer dived to the left. That was a real let-off for Posh and Mothersille made Town pay the price when he tapped in.

The real drama came in a frantic finale, kick-started by Lawal's spot-kick miss. With nine minutes left Clarke-Harris released Collins to bury Posh's second goal.

Clarke-Harris got his name on the score-sheet in the fifth minute of added-time then 60 seconds later, he scored from close range.

Still Moore worry ahead

DARREN MOORE'S Port Vale are staring relegation in the face after a late Nigel Lonwik goal sealed their defeat.

The loss means Moore's side are now three points adrift of 20th place Burton and with an inferior goal difference going into their final two games.

Wycombe were almost ahead after 40 seconds when Dale Taylor fired wide from 18 yards following a mix-up in the Vale defence.

But just three minutes later Wanderers did take the lead as David Wheeler fired home following a smart save from Connor Ripley to deny Sam Vokes.

The visitors almost doubled their advantage when Wheeler shot wide moments later while, at

Port Vale.............1
Wycombe..........2

the other end, Franco Ravizzoli spectacularly denied Ethan Chislett from pulling Vale level.

The Valiants came out fighting after the break and were level just two minutes after the restart.

Chislett ran through and slotted the ball past keeper Ravizzoli.

The home side went all out in search of the win and could have taken the lead through Jensen Weir.

But it was the Chairboys who stole it late on as Lonwik struck with four minutes on the clock to leave Vale still fearing the drop.

It's hooray up Pompey

TITLE JOY AT FRATTON

MATCH STATS	
PORTSMOUTH	V
14	SHOTS
4	SHOTS ON TAR
46%	POSSESSIO
347	PASSES
236	COMPLETED PA
28	TOUCHES IN OPPOS
3	CORNERS
15	FOULS CONCE
1/0	YELLOW/RE

LEAGUE O

	P	W	D	L
Portsmouth (C)	44	27	13	4
Derby	44	26	8	10
Bolton	44	24	11	9
Peterborough	43	24	8	11
Barnsley	44	21	12	11
Oxford Utd	44	21	10	13
Lincoln City	44	19	14	11
Blackpool	44	20	10	14
Stevenage	44	18	13	13
Leyton Orient	44	17	11	16
Northampton	44	17	8	19
Wycombe	43	15	13	15
Exeter	44	16	10	18
Bristol Rovers	44	16	9	19
Wigan	44	18	10	16
Charlton	44	11	19	14
Reading	44	15	11	18
Shrewsbury	44	13	8	23
Cambridge	43	12	10	21
Burton Albion	44	11	10	23
Cheltenham	43	11	8	24
Port Vale	44	10	10	24
Fleetwood	44	8	13	23
Carlisle (R)	44	7	9	28

(Wigan deducted 8pts. Reading deduct

By GRAHAM NICKLESS

CONOR SHAUGHNESSY started a Pompey party after his header clinched the League One title.

Sub Colby Bishop scored a penalty seven minutes from time to make it 2-2 — which would have been enough to send Portsmouth into the Championship.

But Shaughnessy's goal put the icing on the cake for boss John Mousinho's side as the South Coast club ended 12 years of hurt.

John McAtee thought he would be delaying Portsmouth's celebrations when he gave Barnsley the lead for a second time just before the hour.

McAtee kept his cool when he latched on to Nicky Cadden's pass and slotted the Tykes 2-1 up on 59 minutes.

Pompey's rookie gaffer Mousinho — voted League One Manager of the Year on Sunday — has so much to feel proud about.

In his first full season in management, his boys have led the division since December 2 and are unbeaten in 16 games.

Barnsley's top scorer Devante Cole took the wind out of Pompey's sails when he opened the scoring with

Portsmouth.......................3
Barnsley.............................2

just six minutes gone. Barry Cotter spotted his team-mate all alone in the home box and there was an eerie silence when the striker stabbed home on the stretch.

Cole's 18th strike of the campaign finally ended his 14-game run without a goal to the delight of the away bench.

But Barnsley's shock lead lasted just three minutes — much to relief of a packed Fratton Park crowd.

When Gavin Whyte's shot was blocked the ball fell kindly for Australian international Kusini Yengi to guide the ball into the far corner of the net.

Tino Anjorin came close to claiming a second home goal two minutes later when he drove just wide of the far post.

Play-off chasing Barnsley arrived on at Fratton Park having suffered three defeats in their last four matches.

Yet Neill Collins' side always looked dangerous on the counter-attack and it took a superb intervention by home stopper Will Norris to deny McAtee.

The on-loan Luton striker was clean through after outpacing Zak Swanson but Norris rushed out of his goal to save with his legs.

Barnsley's confidence grew as they saw more of the ball which stifled most of the passion in the home sections.

But some brilliant work by Yengi saw the 25-year-old juggle the ball before volleying a yard wide.

Barnsley, however, rocked the league leaders by going ahead again just before the hour.

Cadden picked McAtee, who had time to slot home his 15th goal of the season beyond Norris.

Desperate Mousinho immediately made a double substitution, replacing Yengi with top-scorer Bishop and sending on Paddy Lane for Whyte.

Pompey's Sean Raggett came close to levelling the scores when his header bounced inches wide.

In the end Bishop — with his 21st goal of the season after McAtee fouled Christian Saydee — and Shaughnessy sealed the deal that meant Pompey are once more chiming in the second tier.



POINT MADE . . . Paris Maghoma hails vital leveller for Bolton

TROT

Paris rescues po

By DANE MASSEY

IAN EVATT'S Bolton faltered in the race for automatic promotion after failing to find a winner against stubborn Shrewsbury.

The Trotters are now three points behind second-placed Derby with two games left to play.

Evatt's side missed out on promotion in the play-offs last season, losing 2-1 on aggregate to Barnsley in the semi-final. And there could be a repeat of that tie this year with both sides in the top six.

Shrewsbury drew first blood thanks to Daniel Udoh on 21 minutes, but it was cancelled out by Cameron Jerome's strike.

Jordan Shipley then fired the Shrews into a 2-1 lead going into the break.

Bolton went for broke and pushed hard

Bolton...............................
Shrewsbury.......................

for a winner after Paris Maghoma 19 minutes from time — but th could not find one.

The hosts were in the asc throughout. Aaron Collins was involved early on as he tried to Jerome then Maghoma, but failed his targets with the final pass.

Morgan Feeney had a great ch give Shrews the lead, diverting M ning's free-kick wide of the mark

But Bolton sprung up the other Collins' shot was tipped behind.

From Nathanael Ogbeta's result ner, Jerome headed on to the post

UPS AND DOWNS

UPS — PORTSMOUTH are promoted as League One champions.
DOWNS — CARLISLE are relegated, with FLEETWOOD six adrift with two to play.

16

NONE of the last 16 league meetings between Oxford (six wins) and Lincoln (ten) have ended drawn, since a 0-0 stalemate in January 2004.



WHAT A NIGHT, BISHOP . . . Colby Bishop levels for Pompey while (inset) Conor Shaughnessy celebrates scoring the winner

T & COLD

int but Evatt stumbles in race

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were largely camped in their opponents' half for the first 20 minutes of the game – but were sucker-punched when Udoh finished off a counter-attack to give Shrewsbury the lead against the run of play.

The initial pattern of the game resumed after the goal, with Marko Marosi beating away Kyle Dempsey's effort.

In committing bodies forward, Bolton were leaving themselves vulnerable at the back as Chey Dunkley had a chance but headed straight at Nathan Baxter.

The pace of Udoh was causing Bolton problems. He had an opportunity to double his tally but curled wide of the mark.

Wanderers made them pay 40 minutes in when Collins initially missed, before Jerome bundled home the rebound to pull them level.

However, they shot themselves in the foot as Shrewsbury regained the lead three minutes later, with Shipley's shot from the edge of the box deflecting in.

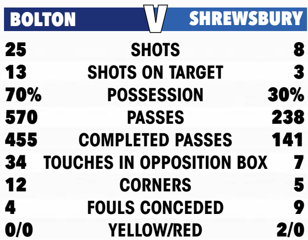
Dempsey had a chance to level again early in the second half, with his effort deflecting just wide. Marosi then made a save to deny Collins and Ogbeta chested the rebound towards goal but saw it cleared off the line by Feeney.

Bolton kept knocking on the door. Dempsey was the one driving his team forward at every opportunity and he pulled the ball back for Maghoma to slot in the equaliser from the edge of the box.

George Thomason almost scored one of the goals of the season on the half-volley, firing just off target.

It continued to be one-way traffic until the final whistle but Bolton could not find a winner. Promotion could still be on the cards for Evatt's charges, though most likely through the play-offs.





BOLTON	V	SHREWSBURY
25	SHOTS	8
13	SHOTS ON TARGET	3
70%	POSSESSION	30%
570	PASSES	238
455	COMPLETED PASSES	141
34	TOUCHES IN OPPOSITION BOX	7
12	CORNERS	5
4	FOULS CONCEDED	9
0/0	YELLOW/RED	2/0



PAIN GAME . . . Hackett-Fairchild leaves the field with arm injury

Dan Imps' main Man

By GARETH DAVIES

LINCOLN'S Man of the match fired up the Imps' play-off bid as they finished with ten men.

Dubliner Danny Mandroiu scored from the spot two minutes into the second half to haul his side to within two points of sixth-placed Oxford.

Then, with United battling for an equaliser, Dylan Duffy was sent off in the 83rd minute for a second yellow after fouling Marcus Browne.

Now Oxford will be hoping for a good Friday later this week when they host Stevenage live on TV.

Oxford	0
Lincoln	1

Lincoln suffered a blow in the eighth minute when Recco Hackett-Fairchild went off with what looked a serious arm injury.

They shook that off and looked the more dangerous side in the early stages as Paudie O'Connor and Freddie Draper both threatened with headers.

But Oxford should have gone ahead in the 34th minute. Josh Murphy and Greg Leigh exchanged passes down the left before Leigh played a perfect cutback into the path of the unmarked Tyler Goodrham, who fired straight at Imps keeper Lukas Jensen.

Seconds before the break, Mark Harris missed another great chance, shooting wide from close range.

The second half started dramatically as Oxford's Ruben Rodrigues fouled Ben House in the six-yard box and Mandriou scored from the spot.

And it could have been worse for Oxford ten minutes later but Luton loanee Joe Taylor fired into the side-netting.

Bristol Rovers	1
Cambridge	0

CHRIS MARTIN struck late on as Rovers scored for the first time in five home games.

The veteran striker, 35, swept home winger Luke Thomas' low cross in the 87th minute to stop Cambridge United edging closer to League One safety.

Martin's 16th league goal of the campaign made up for his 33rd-minute penalty miss, after visiting midfielder Paul Digby had fouled Scott Sinclair inside the box.

Garry Monk's Cambridge side threatened from set-pieces throughout, with defender Mamadou Jobe hitting the woodwork with a header on the hour mark from a Danny Andrew free-kick.

Crafty Curt old-ing on

CURTIS DAVIES' first Cheltenham goal kept their survival hopes alive going into the final week.

Burton	1
Cheltenham	2

The former Premier League star powered in a 71st-minute header to become the club's most senior EFL scorer.

More importantly it sealed victory at relegation rivals Burton, who led through a first-half opener from defender Steve Seddon.

Anything other than three points would have realistically ended Cheltenham's three-year stay in League One.

They levelled through Matty Taylor's 51st-minute header from Jordan Thomas' cross. It was his fifth goal in eight starts since arriving on transfer deadline day.

And 20 minutes later the turnaround was complete.

Will Ferry's corner from the right was nodded in by 39-year-old veteran Davies, who had not found the net since January 2022.

The result moved Cheltenham to within two points of Burton with a game in hand – with the battle to survive likely to go right to the wire.

goals LEAGUE TWO



PADDY MADDEN scored his third hat-trick of the season — the fifth man to score three in the same League Two season and first since Tom Pope in 2012-13.

PADDY WHACK

Treble seals title

By OLIVER KING

Notts County	2
Stockport	5

PADDY MADDEN'S first-half hat-trick crowned Stockport champions of League Two following a comfortable win.

Despite Macaulay Langstaff going close for the Magpies early on after Aaron Nemane danced his way into the area, the visitors assumed full control for the remainder of the match.

Fraser Horsfall, fresh from his League Two Team of the Season inclusion, hit the bar with a header for Stockport.

But Dave Challinor's side would get the early goal their play had threatened, with Aden Baldwin lending a helping hand as his timely slip allowed former Notts forward Kyle Wootton the chance to slip in Madden, who rounded Luca Ashby-Hammond to finish on 26 minutes.

With the chants of 'Champions again' still echoing among the travelling 1,984 Stockport fans, it erupted into chorus six minutes later as Antoni Sarcevic's goal-bound effort struck the hand of Dan Crowley inside the box.

Madden assumed responsibility and smashed the penalty down the middle to double their lead.

The Stockport No9 bagged the match ball before the interval, taking advantage of some more poor defending as his effort deflected over Ashby-Hammond. The visitors showed no signs of letting up following the half-time break as Sarcevic ghosted in behind the home defence before curling a fine effort into the far corner on 50 minutes as the champagne was being readied.

But Notts threatened to spoil the celebrations of those making the 120-mile round trip to Meadow Lane as Langstaff was picked out by substitute Scott Robertson to finish inside the area.

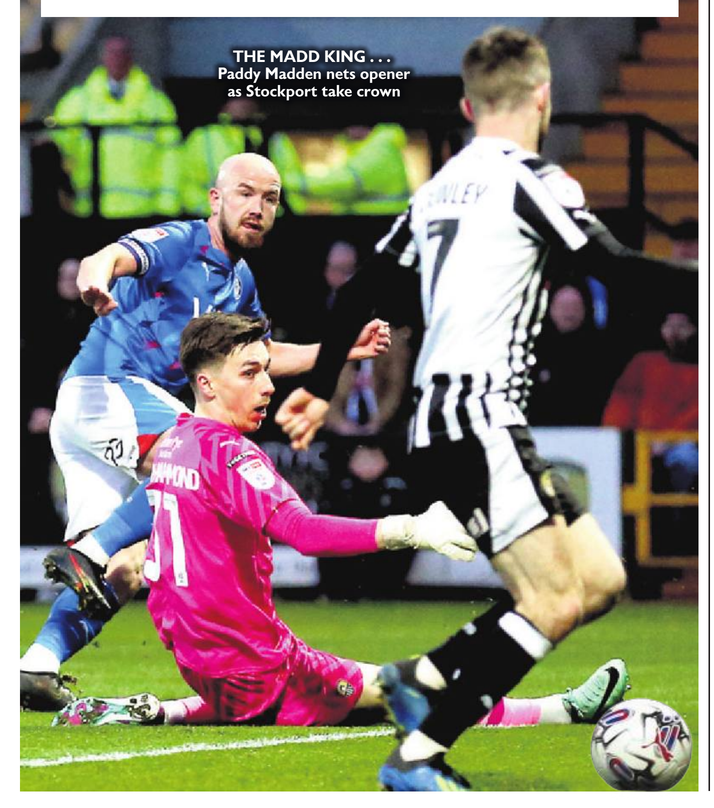
Joy quickly turned into nerves for the Stockport players as Crowley atoned for his earlier error as he curled home on 63 minutes.

Stockport had the chance to restore their two-goal advantage soon after when Kyle Cameron tripped Connor Lemonheigh-Evans, the 17th penalty the home side have conceded this season.

But on-loan Aston Villa striker Louie Barry could only hit a post as the ball bounced agonisingly across the line.

But, victory and the title was secured seven minutes from time as Ethan Pye was picked out by Barry.

Pye climbed over Langstaff inside the area to complete a second title triumph in three seasons – and their first Football League accolade since the 1966-67 campaign.


THE MADD KING . . . Paddy Madden nets opener as Stockport take crown

Hopp beating drop

Colchester	2
Grimsby	0

TOM HOPPER and John Akinde netted to give Colchester's survival hopes a massive boost — and relegate Forest Green.

While neither the U's nor Grimsby are 100 per cent safe from joining the vegans in the National League next season, it would take a major turn-around to send Mariners down.

In-form Hopper put the home side in front in the fifth minute with his third goal in two games. Arthur Read sent the striker clear and he dinked the ball over keeper Jake Eastwood.

United went close to extending their lead when Jayden Fevrier's shot was headed off the line, before Fevrier also clipped a post with a low drive.

And the visitors eventually conceded a second on 79 minutes when Akinde floated a shot over Eastwood and into the far corner from the edge of the box to seal a win that puts United four points clear of second-bottom Sutton.

Colchester defender Tom Dallison was shown a straight red card for a reckless challenge on Justin Obikwu in the sixth minute of added-on time.

LEAGUE TWO

	P	W	D	L	F	A	Pts
Stockport (C)	44	26	11	7	91	44	89
Mansfield (P)	44	23	13	8	87	45	82
Wrexham (P)	44	24	10	10	84	51	82
MK Dons	44	22	8	14	74	61	74
Crewe	44	19	13	12	68	61	70
Barrow	43	18	14	11	58	49	68
Crawley	44	20	6	18	69	65	66
Walsall	44	18	11	15	66	65	65
Doncaster	43	19	7	17	63	63	64
Gillingham	44	18	9	17	43	53	63
AFC Wimbledn	44	16	14	14	57	47	62
Harrogate Tn	44	17	11	16	55	62	62
Bradford	43	16	12	15	52	55	60
Notts County	44	17	7	20	88	85	58
Morecambe	44	17	9	18	63	76	57
Newport Cty	44	16	7	21	61	71	55
Tranmere	44	16	6	22	63	64	54
Accrington	44	15	9	20	57	66	54
Swindon	44	14	11	19	74	78	53
Salford City	44	12	11	21	63	80	47
Grimsby	44	10	16	18	55	72	46
Colchester	43	11	11	21	57	74	44
Sutton Utd	44	9	13	22	53	78	40
Forest G (R)	44	9	9	26	41	77	36

(Morecambe deducted 3pts)

UPS AND DOWNS

UPS — CHAMPIONS STOCKPORT, WREXHAM and MANSFIELD are all promoted.
DOWNS — FOREST GREEN have been relegated after Colchester's win.

22

MANSFIELD will be playing in the third tier for the first time in 22 seasons, last being there in 2002-03 — before the division was rebranded to League One.

Crawley..........1 Barrow..........1

DANILO ORSI bagged a penalty equaliser to fend off the Barrow boys in this battle for the play-off places.

Emile Acquah's powerful 36th-minute header — his eighth goal of the campaign — put Pete Wild's side ahead.

That came either side of Barrow keeper Paul Farman's brilliant saves from Ade Adeyemo and Klaidi Lolos.

A hard-earned point ended a wobbly Bluebirds spell of three successive defeats but the victory they craved melted away when Rory Feeley handled in the 64th minute.

Up stepped Orsi to score his 20th goal of the season — though both sides missed chances in the last 20 minutes.

Walsall..........2 Swindon..........1

DANNY JOHNSON scored a dramatic last-gasp winner to revive Walsall's play-off hopes.

Johnson came off the bench to turn home fellow sub Douglas James-Taylor's ball back across the box.

It leaves the Saddlers just one point behind seventh-placed Crawley with two games remaining.

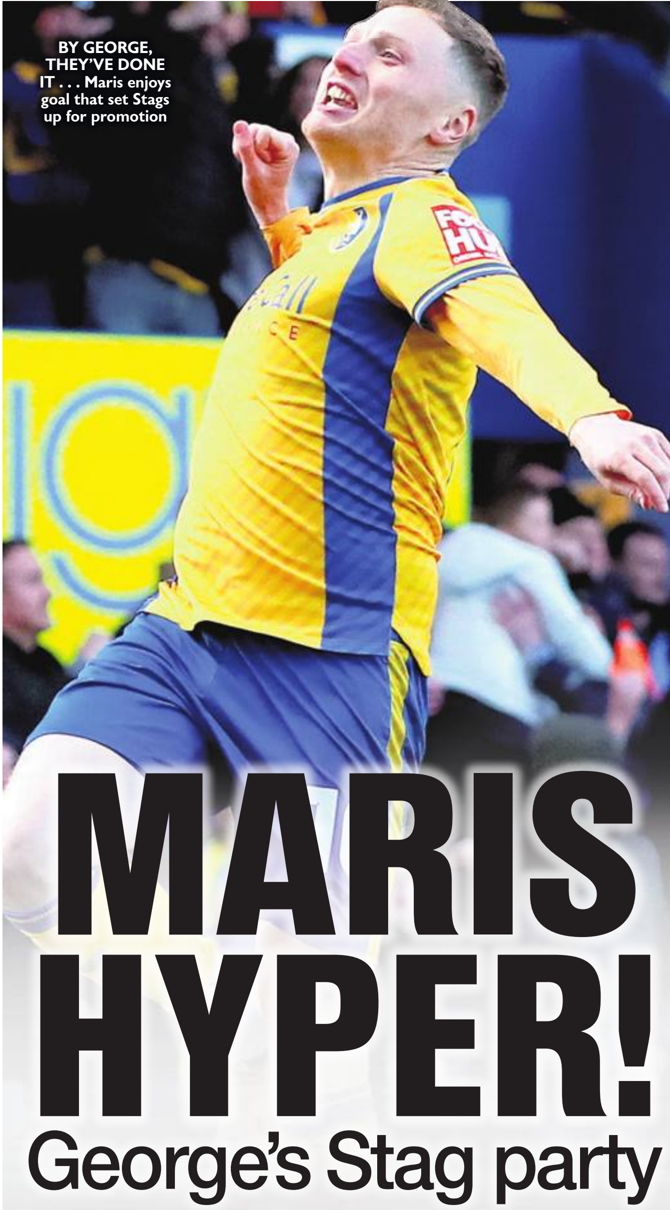
The home side dominated the early stages and Mo Faal miskicked with the goal at his mercy from Ryan Stirk's deep centre.

Josh Gordon crashed a low 20-yarder against a post before fellow striker Faal broke the deadlock. The on-loan West Brom hitman headed past Jack Bycroft from Isaac Hutchinson's corner, Walsall's 23rd goal from a set-piece this season.

Gordon fired straight at Bycroft from 12 yards out and also had a close-range effort blocked.

Paul Glatzel levelled with a stunning 20-yard strike past Owen Evans.

But supersub Johnson had the final say with his 89th-minute effort.



BY GEORGE, THEY'VE DONE IT . . . Maris enjoys goal that set Stags up for promotion

MARIS HYPER!

George's Stag party

By SAM ALEXANDER

MANSFIELD TOWN finally returned to League One after a 22-year absence as Nigel Clough's Stags clinched promotion with a precious home win.

It was a huge relief following a wobble of one point from a possible nine that threatened to derail their dream, before two wins in five days last week revived hopes.

And goals from George Maris and Stephen Quinn finally saw them home on a night of high emotion at the One Call Stadium.

Mansfield made the best possible start to steady their nerves with a goal inside two minutes.

Maris received his short corner back from Quinn and curled in a dangerous ball that flew into the net off Stanley's Tommy Leigh, who could do little to avoid it at the near post.

It was almost 2-0 on nine minutes but Radek Vitek got down well to his left to turn aside a low Hiram Boateng finish after he was set up by Davis Keillor-Dunn.

It took Stanley 20 minutes to fashion a chance as a Jack Nolan free-kick was helped on to Shaun Whalley, who headed straight at Christy Pym from seven yards.

On 32 minutes, Lucas Akins sent in a hard, low cross from the right and Maris, running in at the far post, could only send it agonisingly wide of an open goal at full stretch.

Mansfield..........2 Accrington..........1

Vitek was down bravely to gather on 43 minutes as Louis Reed slid in to try to poke home Keillor-Dunn's through ball.

Keillor-Dunn had two good efforts just after the restart but Vitek the first saved easily on 51 minutes, hit straight at him from 20 yards, and was relieved to see the second curl over his angle a minute later.

Mansfield finally scored the all-important second goal on 63 minutes. Keillor-Dunn played the ball in from the left to the near post, where veteran Quinn turned it on target, only to see Vitek block.

But the ball ran invitingly loose and Quinn made no mistake at the second time of asking as he found the empty net.

Three minutes later, Vitek was down to block another Quinn shot from 12 yards.

But Leigh spoiled the home clean sheet when he controlled a ball from the right and crashed a deflected volley past a frustrated Pym five minutes from the end.

goals WOMEN'S SUPER LEAGUE

in association with



Now Emma wants Blues fans to show the love

HAYES SLAYS

HIGH STANDARDS . . . Hayes says her Chelsea stars should be celebrated, despite going out of two cups

By SANDRA BROBBEY

EMMA HAYES claims her Chelsea stars are being unfairly "taken for granted" after all their success.

The Blues have seen trophy bids end in each of their last two matches, losing 1-0 after extra-time to Arsenal in the League Cup final on March 31.

And then going down 2-1 in Sunday's FA Cup semi-final at Manchester United.

They remain in the hunt for the Women's Super League, sitting three points behind leaders Manchester City in second.

Next up are Aston Villa tonight and then it is the Champions League semi-final first leg at Barcelona on Saturday.

Hayes has overseen Chelsea winning a glut of silverware, including the WSL title in each of the last four seasons and FA Cup in the last three.

But her tenure will conclude this summer when she takes charge of the United States.

She said: "My job is to just make sure I keep reminding the players of how well they've done over such a long period.

"And how proud I am of the way we keep pushing to be in the back end of everything.

"I just want the players to go out and enjoy themselves against Villa. I want them to play in front of a fanbase that I truly hope appreciates this group of players.



"Because I believe this team over a number of years has delivered so much success for this club and fans. And sometimes I feel the players get taken for granted on that. So I want our fans to show appreciation.

"I care that they realise the level of success we've had is difficult all the time, to keep winning – and I'm proud we keep doing that, even if it doesn't always go our way.

"You just have to focus on winning the next game.

"We're going into a humongous week having a league fixture in between the FA Cup and Champions League . . . I'm entirely grateful to the league on that one.

"We just have to focus on the things we can control and are good at.

"I want the players to enjoy themselves and play without feeling like they have a point to prove to anyone. I want them to remind our fans once again why they're a fantastic group of people trying their very best in a Chelsea shirt to win games.

"And while it doesn't always work out, it's not the end of the world, just go again."

When Villa boss Carla Ward, whose side are seventh, was asked if it was a good time to play Chelsea given their recent defeats, she stressed: "A wounded animal is a dangerous animal."

The reverse fixture in November came on the day it was announced Hayes would depart this summer and saw the Villans thrashed 6-0.

Last week Villa forward Rachel Daly, 32, retired from England duty and Ward said: "She will go down as an England legend – anyone that wins the Euros you could say the same for.

"You can call her a national treasure, call it what you want, but she's certainly left a legacy and inspired a generation – and she is not finished yet.

"She wants to continue to inspire on and off the pitch and she will do that.

"We have a wonderful human being, with a full focus on Villa."

WSL

	P	W	D	L	F	A	Pts
Man City	18	15	1	2	49	12	46
Chelsea	17	14	1	2	50	14	43
Arsenal	18	13	1	4	42	18	40
Man Utd	18	9	4	5	39	23	31
Liverpool	18	8	5	5	26	25	29
Tottenham	17	7	4	6	23	29	25
Aston Villa	18	6	2	10	24	37	20
Brighton	18	5	3	10	24	39	18
Leicester	18	4	5	9	25	36	17
Everton	18	4	3	11	15	33	15
West Ham	18	3	4	11	17	35	13
Bristol City	18	1	3	14	20	53	6